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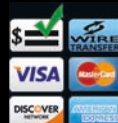
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Legion contents

March 2019 • Vol. 186, No. 3

ON THE COVER

20 Rocks & Roots

New York Legionnaire, cancer survivor Keith Koster is set to complete his personal American Legion centennial challenge of climbing all 46 Adirondack peaks. *By Henry Howard* Photo by Schelly Stone

26 'Nothing We Couldn't Build'

The Army's incredible floating repair shop kept its helicopters flying in Vietnam – and then went to the scrap heap. *By Ken Olsen*

34 Policies, Not Partisan Politics

Through the decades, The American Legion has built an identity of influence by staying true to causes, not political sides.

44 'A Fabulous Opportunity'

Artist Patricia Lucas-Morris talks about her design work for the American Legion commemorative coin. *By Matt Grills*

5 Vet Voice

8 Commander's Message

10 I Am The American Legion

12 Big Issues

14 Living Well

18 Veterans Update

46 Rapid Fire

62 Comrades

64 Parting Shots

HELP FOR THE COAST GUARD

American Legion National Vice Commander Paul Spedaliere talks with Petty Officers 2nd Class Christopher Ruh, left, and David Mendoza at Coast Guard Base Boston, where American Legion Temporary Financial Assistance grants were distributed Jan. 25. In January, requests for help poured in from Coast Guard personnel nationwide affected by the government shutdown. By Jan. 23, the Legion had given \$662,000 in grants and is asking the public, corporations and charitable foundations to donate to help fulfill more than 1,500 additional requests for assistance. All donations to the American Legion Veterans & Children Foundation are tax-deductible and can be made online at legion.org/donate. Photo by Schelly Stone



The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2 million members. These wartime veterans, working through 13,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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'Our Money's Worth'

I enjoyed reading the article by Paul Glader (January). The penny is as ridiculous as a mill coin would have been in the 1960s. It should be done away with. I also think our smallest bank note should be the \$5 bill and that \$1 coins should be used in place of the dollar bill. I believe coins would be much more popular in the United States if we had a \$2 coin to go with the \$1. In Europe, they use 1- and 2-euro coins. The 1-euro is a bit smaller than our quarter, and the 2-euro is a big bigger than our quarter. We should try it.

– David Eager, Harrison, Ohio

As a coin collector, I found Paul Glader's article very interesting. One point, however: he makes several references to "pennies." The U.S. Mint has never made a penny. The Brits make pennies; we make "cents." I love your magazine. I read it cover to cover when it comes.

– David Timberlake, Colville, Wash.

I read Paul Glader's article on money with interest, and its implication that we are moving toward a cashless society. I'm not sure if that will occur or not, but I can attest to the fact that many people still use cash, because I find it on the ground every time I go for a walk.

Years ago, my cardiologist implored me to get more exercise, so I began taking walks in the vicinity of my home. Upon doing so, I noticed that I regularly found money on certain routes, especially in commercial areas. Since 2005,

I have assiduously recorded what I find in a journal, and by the end of 2017 I had a grand total of \$1,117.44 in cash.

I can only speak for myself, but I like cash. I like the feel of it in the pocket of my jeans.

– Jack Russell, Downey, Calif.

This article points out that some government leaders have proposed eliminating the penny. Indeed, Canada and New Zealand have made these changes in their currency.

I have been to Canada on business and observed that every retailer still includes the Canadian penny when ringing up a sale. They round up your total sale price, as they are not absorbing the difference. The consumer is paying for the elimination of the penny; one can only imagine how many thousands of dollars they are losing over time.

– Charles J. Shaw, Morrisville, Pa.

'The Remarkable Raymond Brackett'

Thanks for Jeff Stoffer's story about Marblehead's Ray Brackett (January). I often wondered how Post 32 acquired autographed copies of Marshal Foch's and Gen. Pershing's photos, which hang on our headquarters wall in Marblehead's Old Town House. This article answered that question and filled in much of the early American Legion history of Marblehead. We have many other artifacts from the World War I Legionnaires who established Post 32.

One key historical reference should be noted, however. In 1775, Marblehead had no "militia of fishing ships," but instead a completely trained and outfitted regiment of 10 companies, composed mostly of fishermen and sailors who enlisted in Glover's Marblehead Regiment. Additionally, the first armed vessel was commissioned by Gen. George Washington while at Cambridge: *Hannah*, which was owned, captained and crewed by Marbleheaders. Brackett proudly carried on that naval tradition that began in Marblehead and continues today.

— Bob Erbetta, adjutant,
American Legion Post 32,
Marblehead, Mass.

Citizenship and military service

The January Commander's Message is excellent. National Commander Brett Reistad's statement of principles on how to effectively and fairly solve the problem of illegal immigration should be required reading for elected leaders.

Without borders, we are not a country. And as always, we welcome and need immigrants who will become good citizens. Veterans who served honorably are an ideal source.

— John Robert Stevens, Prescott, Ariz.

The column by National Commander Brett Reistad caught my attention because I am one of those foreigners/immigrants who served in the Army and became a naturalized U.S. citizen.

I came to California from Japan with a tourist visa in July 1970. I went to the Selective Service Office on Hollywood Boulevard and volunteered to be drafted as soon as possible. The clerk looked puzzled.

I received a notification to report to the induction station on Wilshire Boulevard on Oct. 27, 1970. That day, we boarded buses for Fort Ord. After basic training, I was transferred to Fort Lee, Va., for AIT, then to Fort Story, Va., and spent a few months as part of an honor guard. I requested a transfer and was sent to Schofield Barracks, 25th Infantry Division, then to Fort Shafter in Honolulu, assigned to the U.S. Army Mortuary, Hawaii.

In March 1972, I finally received U.S. citizenship. It was one of my happiest and proudest days. I thanked God, Jesus, my new country, the Army, my family, and all my friends in Japan and the United States of America. After I was honorably discharged from the Army – I got out three months early to attend college, and in exchange joined the California National Guard for

a year – I attended Los Angeles City College. In 1975, I became a firefighter with the Los Angeles Fire Department and retired in 2009 after 35 years.

I agree that anyone who served in the military and received an honorable discharge should be able to become a U.S. citizen if they so wish. If they don't but would like to stay in the country, they should receive permanent residency. I believe most immigrants, legal or illegal, would be good citizens after discharge. Congress should reward them with citizenship instead of illegal immigrants who demand their rights.

— Jimmy D. Nishimura, Windsor, Colo.

I am vice commander of the American Legion Department of Labor Post 42 in Washington, D.C. Commander Reistad's column resonated with me. I was inducted into the Army during the Korean War period on March 17, 1953, just over a year after emigrating to the United States. I was naturalized alongside 260 other servicemen at Fort Bragg, N.C. on Nov. 24, 1953. Allegedly it was the largest naturalization ceremony of servicemen up to that point. I was then a stateless citizen, Holocaust survivor and understandably honored to become a U.S. citizen.

After my discharge in March 1955, I contributed to my adopted country, pioneering the idea of presidential televised debates with the personal endorsement of former first lady Eleanor Roosevelt and Illinois Gov. Adlai E. Stevenson.

— Fred A. Kahn, Bethesda, Md.

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One hundred years ago, no VA existed. GI Bill benefits were a pipe dream. There was no Veterans Preference Hiring Act, no U.S. Flag Code, no Boys State or Boys Nation. Military-connected exposure to toxic substances was at first ignored, and later denied, by the government. PTSD was unrecognized as a distinct psychological condition. U.S. military veterans were usually misunderstood, even pitied, by a public that did not fully understand the price of its freedoms.

It took vision and a collective effort to shift that culture. Veterans of the first world war dreamed of a stronger, better and prouder America, one that stands strong for its military men and women, cares for veterans, mentors youth, obeys the law, and promotes responsible, united citizenship under the colors of our country.

The American Legion was born of such vision March 15-17, 1919, in Paris. Thus began a journey to strengthen America to its very core, from the planes, tanks and ships needed for U.S. security and the liberation of others to the millions of teenagers who would immerse themselves in the U.S. Constitution to compete in American Legion Oratorical contests. Somehow it all fit together, this idea that national security extends from foreign battlefields to community baseball diamonds where fitness, teamwork and discipline are essential for success.

The American Legion's accomplishments are often not well-quantified, because they are countless. Throughout the past century, Legionnaires have fulfilled the purposes for which we associate as individuals, posts, departments and national ambassadors for a strong America, reaching every level of U.S. society. From the Legionnaire in Nevada who makes it his mission to raise funds so needy children can have hearing aids to the complex debate over the multibillion-dollar future of VA health care, no part of the mission has been too big or too small.

The founders could never have imagined the profound influence they would wield in the decades ahead. They did not gather in Paris to plan a Legion Baseball program, a school safety camp, the GI Bill, Flag Day ceremonies in a city park, relief for wildfire victims, or one-on-one benefits assistance for veterans and their families. That all came later.

They gathered because they believed – and history has proven them correct – that a nation worth defending during wartime is a nation worth strengthening, honoring and serving for as long as a veteran lives.

We don't know what the next century will bring. But it's a safe bet that needs will always arise in communities, states and the nation that will be met by veterans of The American Legion and their families in the American Legion Auxiliary and Sons of The American Legion. That is why, in honor of the vision our founders set in motion, we must continue to associate together and put in the effort necessary to fulfill the purposes for which we associate, long into our second century.




National Commander
Brett P. Reistad

MEMORANDA

AMERICAN LEGION BIRTHDAY

March 15-17 will mark The American Legion's 100th birthday, the centerpiece of a 15-month Centennial Celebration. American Legion posts across the country and around the world are planning activities and events. A suggested speech for 2019 is available at legion.org/publications, and as an addition to the 100th Anniversary Media Toolkit. The toolkit contains centennial speeches in three lengths: 15, 10 and five minutes of speaking time. Go to the Resources page at legion.org/centennial to download the toolkit. While there, take the opportunity to add to – or create – a post history page to share with your community.

Another tool to help share American Legion history is a series of newly available Fathead wall clings that include a 120-by-48-inch display of the Four Pillars, new and vintage constitutional preambles and logos in a variety of sizes, and more. The clings can be viewed in detail, and ordered, at emblem.legion.org.

Finally, share a recap of your post's American Legion birthday events on the Legiontown website, legiontown.org.

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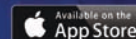


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Fresh out of the Army, Alicia Knecht hadn't yet considered joining The American Legion. But when her father-in-law, Mickey, got involved at Dewey Lowman Post 109 in Halethorpe, Md., "it really wasn't a question of if I was going to join – it was when."

Fifteen years later, she's enjoying her second stint as the post's first vice commander, which includes the job of membership chairman. And that's after her two successful years as post commander.

Knecht wants to draw veterans of more recent wars, including women, into the Legion.

"It's extremely important for us to recruit younger members," she says. "To keep the influence we have in Congress, we have to have the numbers to be a voice for veterans."

Knecht thinks back to her early days of joining Post 109 and the opportunity she was given to get as involved as much or as little as she wanted. She is careful to emphasize to potential members – especially female veterans who are raising children – that the Legion doesn't have to be a full-time commitment.

"When I came in, I had a newborn," she says. "I wanted to find something else to do than just stay at home. I started off small. And I think we have to make it known that you don't have to come in dedicating 40 hours a week. It can be an hour a week. It can be 20 minutes to help set something up. It can be just becoming part of something other than your home life or your work life."

There's also that bond that veterans share, regardless of age, gender and service era.

"I think The American Legion offers a lot more than what people think," Knecht says. "You have camaraderie here. If you're a veteran and your friends are not, they don't understand what it took for you to become a veteran. They don't understand what you went through, what your life was like in the service. When you get to the Legion, you have that. When you walk through those doors, every single person in this place understands."

– Andy Proffett

BRANCH OF SERVICE Army (1999-2002)

RANK Specialist

MILITARY JOB Intelligence analyst

AMERICAN LEGION POST Dewey Lowman Post 109, Halethorpe, Md.

YEARS IN THE LEGION 14

LEGION ACTIVITIES

- Post commander (2016-2018)
- Post first vice commander (2012-2016, 2018-present)
- Post third vice commander (2009-2012)
- Post membership chairman (2012-2016, 2018-present)

Photo by Schelly Stone


ALICIA KNECHT

"To draw more women into the organization, I think we have to start small You don't have to (dedicate) 40 hours a week."

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Bring back net neutrality rules



SUPPORT

Rep. Mike Doyle, D-Pa.

■ Doyle is a member of the House Energy and Commerce Committee.

Most Americans use the internet every day for work, education, commerce and entertainment. Historically, once internet users were online, most of the content and services were free to access.

Net neutrality is about preserving this basic principle with common-sense rules of the road that prohibit internet service providers (ISPs) from blocking websites, throttling or slowing certain sites or services, or engaging in paid prioritization of content (providing fast lanes for companies that pay more and slow lanes for everyone else).

These rules were created to prevent ISPs from taking advantage of their position as gatekeepers between consumers and the internet – some consumers have only one option – and were responses to specific incidents of ISPs acting in their own interest to the detriment of consumers and competitors. The violations ranged from blocking online voice communications services that competed with ISPs' own voice services to slowing down competitors' video streaming services to the point that they were unwatchable. In these two cases, competitors offered customers lower-priced options. In others, ISPs blocked innovative new services like FaceTime, Google Pay and BitTorrent. Consumers should be the ones choosing what app they use, not ISPs.

Last year the Trump administration repealed these rules, claiming they were too much of a burden on ISPs. They weren't. Moreover, getting rid of them opened the door for ISPs to go back to forcing their competitors into the slow lane, leaving us all worse off. Restoring net neutrality would keep the internet open, competitive and accessible for consumers, small businesses, and innovative new technology and services.



OPPOSE

Rep. Greg Walden, R-Ore.

■ Walden is ranking member of the House Energy and Commerce Committee.

In 2015, the Obama administration issued unnecessary rules for the internet that stifled investment and innovation, delaying widespread use of cutting-edge technologies and broadband expansion. These rules are commonly known as net neutrality.

Burdensome regulations, permits and costs pose challenges to internet companies that want to break ground on broadband infrastructure projects, often in underserved or rural

areas like much of my Oregon district. Under net neutrality, companies had to focus on legal fees and compliance costs rather than innovation and investment. The Federal Communications Commission overturned those rules last year, marking a return to the pro-growth regulations that allowed the internet to flourish for decades.

The FCC's return to light-touch regulations, along with congressional action to modernize the process for infrastructure buildout, will lead to faster, more reliable internet service for military personnel to video chat with loved ones while overseas, start a business or keep up with their communities online. We're also on the cusp of next-generation technologies that will spur innovations like telemedicine, allowing doctors to perform virtual check-ups and even remote surgeries. For veterans in rural communities, this has the potential to make health care accessible even when the nearest VA hospital is hours away.

While almost everyone supports efforts to prevent blocking and throttling practices, net neutrality put 1930s policies in place to govern every aspect of our modern internet. With the rollback of those rules, the United States is again in a position to push forward with broadband expansion and advanced technologies.

THE HEART OF THE ISSUE

Net neutrality rules prevented internet service providers (ISPs) from regulating or charging access to certain websites.

Critics say internet service should be free from heavy government regulation.

CONTACT YOUR ELECTED OFFICIALS

The Honorable (name), U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable (name), U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121



Treating your COPD and still struggling?

Chronic productive cough? Repeated antibiotic use for chest infections?



These may be indicators of bronchiectasis—a common but frequently undiagnosed condition caused by chronic inflammation of the airways.¹

COPD is about four times more prevalent among veterans than in the general population.² Half of people with serious COPD may have bronchiectasis.³



inCourage® Airway Clearance Therapy is a drug-free way to clear excess mucus from the lungs. Ask your doctor if the inCourage System may be right for you. For a bronchiectasis information kit, call 833.208.5324 or visit www.respirtech.com/be.

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Manage your meds

Many Americans rely on more than one prescription to stay healthy and maintain a good quality of life. *Healthy Living Made Simple* magazine encourages multiple-medicine users to consider developing a “medication therapy management program” with their pharmacist.

These programs identify ways to keep patients healthy and help prevent adverse effects or hospitalizations. “Your insurance plan determines if you qualify ... Your pharmacist may call to check in about certain key medications, such as for diabetes, asthma or high cholesterol,” the magazine states. “Often the call will consist of reviewing what these medications are for and why it is important to take them, and helping find better ways to take medication every day.”

Your pharmacist can also identify side effects related to specific medications, discuss ways to minimize side effects or recommend alternative therapies. Plus, a medication therapy management program can help patients identify less expensive medication options.



Creatas Medical Details

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.



Media Bakery

TRIGGERED

Fight back against autoimmune disease with simple lifestyle changes and natural remedies.

BY JAN EBERLE SCHABERG

For those who suffer from an autoimmune disease (AID), life can be challenging and often debilitating. Many strive for a sense of wellness and relief from ravaging symptoms.

In his article “How to Stop Attacking Yourself,” physician Mark Hyman writes that autoimmune conditions are connected by a runaway immune response, also known as systemic inflammation, that results in the body “attacking its own tissues.” Inflammation appears to be connected to almost every known chronic disease, including heart disease, cancer, diabetes, obesity, autism, dementia and even depression.

According to the National Institute of Environmental Health Sciences, there are more than 80 autoimmune diseases, affecting some 50 million people. The more commonly known AIDs include type 1 diabetes, rheumatoid arthritis, celiac disease and multiple sclerosis. Inflammation may be shut off by anti-inflammatory medicines such as ibuprofen, steroids and some immune-suppressing medications with serious side effects.

People affected by stress-related problems – such as post-traumatic stress disorder (PTSD), acute stress or

See **AUTOIMMUNE** on page 17

WITH STAGE 3 LUNG CANCER

I'M IN WITH IMFINZI

TO CONTINUE FIGHTING MY CANCER AFTER CRT

FIRST & ONLY TREATMENT APPROVED
for people with unresectable Stage 3 non-small cell
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following concurrent chemoradiation therapy (CRT).

IMFINZI SIGNIFICANTLY REDUCED THE CHANCE OF LUNG CANCER SPREADING

IMFINZI may not work for everyone.

IMFINZI is an immunotherapy. People receiving IMFINZI had a 48% lower chance of lung cancer growing or spreading than those receiving placebo (no medicine). It was also proven to give people 3x more time without their cancer spreading compared with placebo.* Before IMFINZI, the last 10 years showed only limited advancements to the current standard of care for unresectable Stage 3 NSCLC.

*In a clinical trial, the median time tumors did not grow or spread was 16.8 months for the 476 patients receiving IMFINZI compared with 5.6 months for the 237 patients receiving placebo. Median is the middle number in a group of numbers arranged from lowest to highest. Individual results may vary.

ASK YOUR DOCTOR ABOUT IMFINZI. VISIT IMFINZI.COM

IMFINZI was studied in 713 patients with unresectable Stage 3 NSCLC who completed at least 2 cycles of chemotherapy that contained platinum given at the same time (concurrent) as radiation before starting the trial. Patients in the study had good performance status (WHO 0 or 1). IMFINZI was tested against placebo (no medication).

The main goal of the trial was to measure the length of time people remained progression free (without cancer growing or spreading) and overall survival. At the time of analysis, overall survival comparison was not yet available. This trial is still ongoing.

WHO IS IMFINZI FOR?

IMFINZI® (durvalumab) is a prescription medicine used to treat a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC has not spread outside your chest, cannot be removed by surgery, and has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about IMFINZI?

IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system.

IMFINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or if these symptoms get worse:

Lung problems (pneumonitis). Signs and symptoms may include new or worsening cough, shortness of breath, and chest pain.

Liver problems (hepatitis). Signs and symptoms may include yellowing of your skin or the whites of your eyes, severe nausea or vomiting, pain on the right side of your stomach area (abdomen), drowsiness, dark urine (tea colored), bleeding or bruising more easily than normal, and feeling less hungry than usual.

Intestinal problems (colitis). Signs and symptoms may include diarrhea or more bowel movements than usual; stools that are black, tarry, sticky, or have blood or mucus; and severe stomach-area (abdomen) pain or tenderness.

Hormone gland problems (especially the thyroid, adrenals, pituitary, and pancreas). Signs and symptoms that your hormone glands are not working properly may include headaches that will not go away or unusual headaches; extreme tiredness; weight gain or weight loss; dizziness or fainting; feeling more hungry or thirsty than usual; hair loss; feeling cold; constipation; your voice gets deeper; urinating more often than usual; nausea or vomiting; stomach-area (abdomen) pain; and changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness.

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include decrease in the amount of urine, blood in your urine, swelling of your ankles, and loss of appetite.

Skin problems. Signs may include rash, itching, and skin blistering.

Problems in other organs. Signs and symptoms may include neck stiffness; headache; confusion; fever; chest pain, shortness of breath, or irregular heartbeat (myocarditis); changes in mood or behavior; low red

blood cells (anemia); excessive bleeding or bruising; muscle weakness or muscle pain; blurry vision, double vision, or other vision problems; and eye pain or redness.

Severe infections. Signs and symptoms may include fever, cough, frequent urination, pain when urinating, and flu-like symptoms.

Severe infusion reactions. Signs and symptoms may include chills or shaking, itching or rash, flushing, shortness of breath or wheezing, dizziness, fever, feeling like passing out, back or neck pain, and facial swelling.

Getting medical treatment right away may help keep these problems from becoming more serious. Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI if you have severe side effects.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you have immune system problems such as Crohn's disease, ulcerative colitis, or lupus; have had an organ transplant; have lung or breathing problems; have liver problems; or are being treated for an infection.

If you are pregnant or plan to become pregnant, tell your healthcare provider. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about which birth control methods to use. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

If you are breastfeeding or plan to breastfeed, tell your healthcare provider. It is not known if IMFINZI passes into breast milk. Do not breastfeed during treatment with IMFINZI and for at least 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take. This includes prescription and over-the-counter medicines, vitamins, and herbal supplements.

What are the possible side effects of IMFINZI?

IMFINZI can cause serious side effects (see earlier).

The most common side effects in people with non-small cell lung cancer (NSCLC) include cough, feeling tired, inflammation in the lungs (pneumonitis), upper respiratory tract infections, shortness of breath, and rash.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information.

Call your healthcare provider for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of complete Prescribing Information on the following page.

If you cannot afford your medications, AstraZeneca may be able to help. Visit AstraZeneca-us.com to find out how.

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durvalumab
Injection for Intravenous Use 50 mg/mL



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IMPORTANT INFORMATION ABOUT IMFINZI® (im-FIN-zee) (durvalumab) INJECTION



WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?

IMFINZI is a medicine that may treat a type of lung cancer by working with your immune system.

IMFINZI can cause your immune system to attack normal organs and tissues and can affect the way they work. These problems can sometimes become serious or life-threatening and can lead to death.

Call or see your healthcare provider right away if you develop any symptoms of the following problems or these symptoms get worse:

Lung problems (pneumonitis). Signs and symptoms of pneumonitis may include:

- new or worsening cough
- shortness of breath
- chest pain

Liver problems (hepatitis). Signs and symptoms of hepatitis may include:

- yellowing of your skin or the whites of your eyes
- severe nausea or vomiting
- pain on the right side of your stomach area (abdomen)
- drowsiness
- dark urine (tea colored)
- bleeding or bruising more easily than normal
- feeling less hungry than usual

Intestinal problems (colitis). Signs and symptoms of colitis may include:

- diarrhea or more bowel movements than usual
- stools that are black, tarry, sticky, or have blood or mucus
- severe stomach area (abdomen) pain or tenderness

Hormone gland problems (especially the thyroid, adrenals, pituitary and pancreas).

Signs and symptoms that your hormone glands are not working properly may include:

- headaches that will not go away or unusual headaches
- extreme tiredness
- weight gain or weight loss
- dizziness or fainting
- feeling more hungry or thirsty than usual
- hair loss
- changes in mood or behavior, such as decreased sex drive, irritability, or forgetfulness
- feeling cold
- constipation
- your voice gets deeper
- urinating more often than usual
- nausea or vomiting
- stomach area (abdomen) pain

Kidney problems, including nephritis and kidney failure. Signs of kidney problems may include:

- decrease in the amount of urine
- blood in your urine
- swelling of your ankles
- loss of appetite

Skin problems. Signs of these problems may include:

- rash
- itching
- skin blistering

(continued)

Problems in other organs. Signs and symptoms may include:

- neck stiffness
- headache
- confusion
- fever
- chest pain, shortness of breath, or irregular heartbeat (myocarditis)
- changes in mood or behavior
- low red blood cells (anemia)
- excessive bleeding or bruising
- muscle weakness or muscle pain
- blurry vision, double vision, or other vision problems
- eye pain or redness

Severe infections. Signs and symptoms may include:

- fever
- cough
- frequent urination
- pain when urinating
- flu-like symptoms

Severe infusion reactions. Signs and symptoms of severe infusion reactions may include:

- chills or shaking
- itching or rash
- flushing
- shortness of breath or wheezing
- dizziness
- fever
- feel like passing out
- back or neck pain
- facial swelling

Getting medical treatment right away may help keep these problems from becoming more serious.

Your healthcare provider will check you for these problems during your treatment with IMFINZI. Your healthcare provider may treat you with corticosteroid or hormone replacement medicines. Your healthcare provider may delay or completely stop treatment with IMFINZI, if you have severe side effects.

WHAT IS IMFINZI?

IMFINZI is a prescription medicine used to treat:

- a type of lung cancer called non-small cell lung cancer (NSCLC). IMFINZI may be used when your NSCLC:
 - has not spread outside your chest
 - cannot be removed by surgery, **and**
 - has responded or stabilized with initial treatment with chemotherapy that contains platinum, given at the same time as radiation therapy.

It is not known if IMFINZI is safe and effective in children.

Before you receive IMFINZI, tell your healthcare provider about all of your medical conditions, including if you:

- have immune system problems such as Crohn's disease, ulcerative colitis, or lupus
- have had an organ transplant
- have lung or breathing problems
- have liver problems
- are being treated for an infection
- are pregnant or plan to become pregnant. IMFINZI can harm your unborn baby. If you are able to become pregnant, you should use an

(continued)

effective method of birth control during your treatment and for at least 3 months after the last dose of IMFINZI. Talk to your healthcare provider about birth control methods that you can use during this time. Tell your healthcare provider right away if you become pregnant during treatment with IMFINZI.

- are breastfeeding or plan to breastfeed. It is not known if IMFINZI passes into your breast milk. Do not breastfeed during treatment and for at least 3 months after the last dose of IMFINZI.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

HOW WILL I RECEIVE IMFINZI?

- Your healthcare provider will give you IMFINZI into your vein through an intravenous (IV) line over 60 minutes.
- IMFINZI is usually given every 2 weeks.
- Your healthcare provider will decide how many treatments you need.
- Your healthcare provider will test your blood to check you for certain side effects.
- If you miss any appointments, call your healthcare provider as soon as possible to reschedule your appointment.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMFINZI?

IMFINZI CAN CAUSE SERIOUS SIDE EFFECTS, INCLUDING:

SEE "WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMFINZI?"

The most common side effects of IMFINZI in people with NSCLC include:

- cough
- feeling tired
- inflammation in the lungs (pneumonitis)
- upper respiratory tract infections
- shortness of breath
- rash

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of IMFINZI. Ask your healthcare provider or pharmacist for more information. Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

GENERAL INFORMATION ABOUT THE SAFE AND EFFECTIVE USE OF IMFINZI.

Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. If you would like more information about IMFINZI, talk with your healthcare provider. You can ask your healthcare provider for information about IMFINZI that is written for health professionals.



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AUTOIMMUNE *continued from page 14*

adjustment disorder – may be at risk for developing different kinds of AID, according to a 2018 study in *JAMA: The Journal of the American Medical Association*.

A VA study found that veterans with PTSD are three times more likely to develop an AID. The study didn't prove the first causes the second, but there is a connection. According to the National Center for Biotechnology Information, genetic, environmental, hormonal and immunological factors all have a hand in AID development.

The good news is that lifestyle changes and some natural remedies – even certain foods – may significantly improve day-to-day life for those with autoimmune diseases. The healthy-food site mindbodygreen.com is a good source of material, but some of the most useful information comes from individuals who have shared their personal experiences and found marked relief through their choices.

Chronic mental stress has extensive effects on immune health. Meditation, good sleep habits and incorporating foods that act as a natural anti-inflammatory are helpful. Examples include leafy greens, ginger, green tea, salmon, garlic and avocado. Fermented and pickled foods such as sauerkraut are great for gut health and therefore for the immune system.

The herb turmeric, often associated with pickles, contains a powerful compound called curcumin that has the ability to block an enzyme that causes inflammation. Sprinkling a bit onto eggs and cooked vegetables offers a gentle anti-inflammatory benefit and is tasty, too.

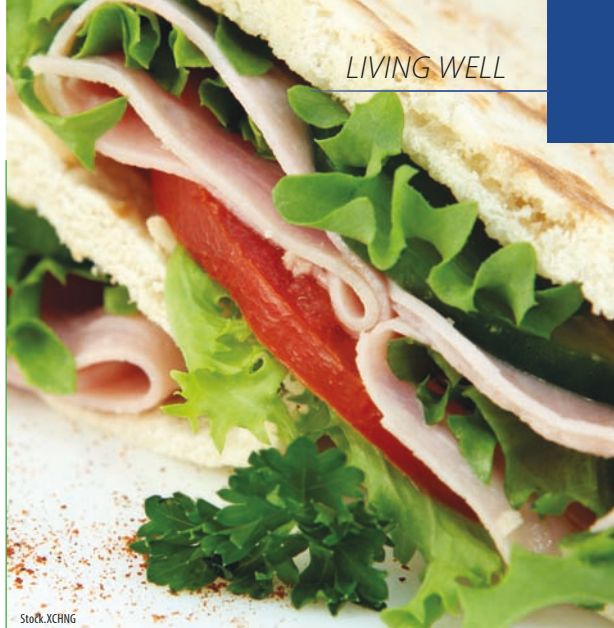
Alcohol also contributes to inflammation. A number of sources support cutting down or eliminating it completely.

Removing other items from their diet has offered many people great success in reducing inflammation. For example, sugar, gluten, gluten-free grains and dairy all contribute exacerbating effects that may cause the body to view itself as an enemy and trigger attacks.

Gluten is most commonly known to trigger unwanted autoimmune attacks. In addition, toxins and preservatives, including high-fructose corn syrup, may become foreign agents to the body.

At the end of the day, the choices I make for myself are simple yet effective in offering a better quality of life. I eat whole foods: fresh vegetables and fruit, poultry, almond milk and yogurt, a variety of meats, fish and shellfish, nuts and seeds. Meditation and bicycle riding keep my body moving and my mind and spirit healthy. I've been known to take a nap or two, or enjoy afternoon ginger tea. And sometimes I head straight for the pickle jar.

Jan Eberle Schaberg is the author of two biographies and two children's books, and enjoys writing human interest stories. She has been living with autoimmune issues since early childhood. She is a member of the National League of American Pen Women.



DIABETES & food insecurity

According to the 2015 census, nearly one in seven U.S. households runs short on money for food, at an average of seven times a year.

When money is tight, people sometimes cannot afford nutritious, healthy food. For people with diabetes, this can result in unsafe blood sugar levels.

If you are a veteran with diabetes, consider this question: "In the past three months, was there any day when you or anyone in your family went hungry because you did not have enough money for food?" If the answer is "yes," you are not alone. Talk about it with your VA health-care team.

Those times without enough food could lead to low blood sugar, which can cause dizziness and shakiness. If blood sugar levels drop too low, it can lead to more severe problems, including falls, seizures, comas and even death.

Your care team will work with you to help you keep your blood sugar at a safe level.

Other points to remember:

- Many people have times when they do not have enough money for food. You do not need to feel ashamed.
- Medical terms and instructions can be complex and hard to understand. Tell your care team if you need more explanation.
- It can be hard to remember all your concerns when you go to an appointment. Before your next visit, make a list of questions or issues to discuss with your provider. Let them know which are the most important to you.

 nutrition.va.gov

Military to cut uniformed medical billets

BY TOM PHILPOTT

Agreeing with defense officials that there's a mismatch between medical staffing at military treatment facilities and future battlefield requirements, the Army, Navy and Air Force plan to cut as many as 17,000 uniformed medical billets, including physicians, dentists, nurses, technicians, medics and support personnel.

The intent is to repurpose those slots as combat skills to raise the lethality of operating units. Another goal is to increase the average caseload for remaining medical billets at base hospitals and clinics to strengthen wartime medical skills as well as improve the quality of beneficiary care.

The deep staff cuts are opposed by some service medical officials. "If the goal is to tear down the military health system, this would be a reasonable way to do it," one said.

Uniformed medical staffing, active and reserve, totals roughly 130,000. The reductions eyed show a 13 percent cut across all services. The Army is to drop almost 7,300, the Navy almost 5,300 and the Air Force just over 5,300.

"This divestiture will impact health-care delivery performed by uniformed personnel across the enterprise," explained a Nov. 1 planning document from Navy Medicine. "No replacement funding is being provided. The ... end-strength divestiture is being utilized to reinvest in other Navy priorities."

Its guidelines for identifying expendable billets said they should be limited to the continental United States, spare critical wartime specialties, and avoid preventive medicine, occupational medicine, industrial hygiene, aviation medicine and undersea medicine. Mental health specialties and waterfront billets are also to be spared, as well as instructors and small clinics supporting SEALs or Marines or having fewer than three officers.

Senior defense officials said they collaborated closely with the services on staff-cut plans. All agreed the medical force is larger than needed to meet operational missions, with too many skill sets not useful on battlefield or ship. Having staffing out of balance, they contend, harms quality of care because care providers don't treat enough patients to keep skills sharp.

Defense officials declined to confirm numbers of jobs targeted until the fiscal 2020 budget request is released. Some service officials did share their figures, which, if Congress approves, would begin to take effect in fiscal 2021.

Defense officials said the divestiture plan results from a yearlong collaboration between service medical departments, the Joint Chiefs, the Defense

Health Agency (DHA), and the Cost Assessment and Program Evaluation Office of the defense secretary. It is just one part of sweeping reforms across military medicine. Control of all medical facilities is being transferred to DHA, and functions of separate service medical departments will be consolidated there to

save on operating costs and standardize practices and procedures, from appointment scheduling to reporting on provider errors.

In the 2017 National Defense Authorization Act, Congress ordered the DoD secretary to collaborate with service branches to define medical and dental personnel requirements, and convert military staff to civilian if not required for operational readiness. The emphasis is on providing more effective and efficient care with smaller staffs.

It sounds counterintuitive, said senior defense officials, but "reducing the number of people providing a particular service within a facility does not mean a degradation of care," because "the more times a provider performs a procedure, the better that provider is at performing that procedure."

Still, plenty of medical experts are worried that cuts this deep could leave military hospitals and clinics stateside short of personnel for deployment, or to accept patients if current wars escalate or new ones break out. "You can argue on the margins whether you need quite as many people here or there," one senior health official said. "But these hospitals support training as well as provide care and (keep) people in operational units. With staff cuts this deep 'you're going to have a very hard time keeping docs, especially in uniform.'"

Tom Philpott has been covering military personnel and veterans issues for more than 40 years.



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Navy veteran and New York Legionnaire Keith Koster displays an American Legion flag at the summit of Mount Phelps near Lake Placid, N.Y. Photo by Schelly Stone

ROCKS & ROOTS

New York Legionnaire, cancer survivor set to complete personal American Legion centennial challenge of climbing all 46 Adirondack peaks.

BY HENRY HOWARD

Mountains serve as a perfect metaphor for the life of Keith Koster. In his 57 years, he has experienced ups and downs. But when he reaches the summit after a long struggle, the beauty of nature shines through.

A Navy veteran and chaplain of Adirondack American Legion Post 70 in Saratoga Springs, N.Y., Koster has loved the outdoors since his youth, when his family took trips from upstate New York to Wyoming and Colorado.

Now he uses his mountain-climbing skills and experience to promote The American Legion's 100th anniversary. Calling it his American Legion centennial challenge, Koster is on pace to climb all of the Adirondack Mountains' 46 peaks in one year. He will finish on or before March 15, the Legion's 100th birthday.

In addition to his hiking gear, water, food and emergency supplies, Koster packs an American Legion flag for each climb. At the summit, he proudly holds the banner in a show of triumph.

It's an epic, inspiring adventure for even serious hikers. Even more so for Koster, who is a three-time cancer survivor.

GOING FOR THE BOLD Most mountain peaks in the Adirondack region range between 4,000 and 5,000 feet, with Mount Marcy the highest at 5,344 feet. Though that's not even half the height of some mountains in the western United States, the Adirondacks pose different challenges.

"If you love rocks, you love roots and you love mud, you'll love hiking in the Adirondacks," Koster says. "The Adirondacks are a very unique area. Unlike a lot of other areas in the country where you've got switchbacks and nice, fairly level trails, you're literally climbing over rocks and roots, through mud that's sometimes

knee-high. You better hope you've got your boots tied on tight. There's no place like the Adirondacks, especially in black fly season."

Or winter. The trails can be buried in snow from early November through April. Before Koster embarked on his American Legion centennial challenge, he earned his "Winter 46er" designation – a hiker who scales each of the summits from Dec. 21 through March 21.

About this time last year, Koster was helping a friend finish his own Winter 46er. He came up with the idea of an American Legion challenge during the Department of New York's Mid-Winter Conference, when Sons of The American Legion Detachment Commander William Casey III challenged American Legion Family members to do something bold.

"I guess I listened to his message a little too much," Koster says. "It kind of started as a personal challenge. But along the way, people are starting to follow me on Facebook and following The American Legion, so they're seeing a different side of the Legion. We're not sitting around doing nothing. We're very active. We're very energetic."

'NEVER GIVE UP' To that end, Koster has formed the American Legion 4th District Family Athletic Club. It organizes road races, a Jan. 1 polar plunge into freezing Lake George and other outdoor activities.

"A lot of people think an athletic club is strictly a running club," he says. "I'm looking at it as something we can bring the American Legion Family into. Legionnaires can do it with their families, whether it's running a 5K or climbing mountains."

Koster's expedition matches the theme of New York Department Commander Gary Schacher: "Never give up!"



Koster assists a fellow hiker as they prepare to scale another Adirondack mountain, as part of his quest to reach all 46 peaks during The American Legion's centennial year. Photo by Schelly Stone

"I know a couple of people who accomplished this, and it is no easy feat," Schacher says. "I've climbed one peak – oh, my gosh, going up was the easy part. Coming down is what hurts."

Schacher and Koster say they'd like to form an American Legion group devoted to running 5Ks – another example of the commander's interest in creating active events for veterans.

For the past several years Schacher has organized the Patriot Highlander Challenge, an obstacle-course race for veterans and their families that promotes competition, teamwork and initiative. While not all veterans can complete an obstacle-course race, scale a mountain or finish a marathon, most are able to walk or run a 5K.

"What a great thing that would be to have an American Legion team traveling around, doing 5Ks and carrying the American Legion flag," Schacher says.

'HIGH-ENERGY GUY' Koster's own energy and enthusiasm are contagious.

Dan Moellman met Koster through Scouting, and the two men have climbed together for more than 15 years after they met. They have taken their sons and other Boy Scouts on different adventures,

including backpacking at Philmont Scout Ranch in Cimarron, N.M., in 2008. That particular trek can last up to 12 days and cover anywhere from 56 to 100 miles.

During a pre-trip physical exam, Koster's doctor discovered a lump in his throat.

"After that, we did several videos and looked at all different parts of my neck, and they determined it was time to operate," he says. "I had about a 2-inch mass in my neck. I did more research on thyroid cancer than I ever wanted to do in my lifetime. If there's any kind of cancer that's good, I had the best kind because it didn't limit me."

Koster had a full thyroidectomy – removal of his his thyroid – and kept it a secret from Moellman, medical personnel and everyone else on the trip.

With four days left on the trail, Moellman suffered a knee injury, so Koster carried his pack the rest of the way.

"I couldn't believe it when he told me later that he was battling cancer," Moellman says. "Keith is inspirational and always positive. He's a high-energy guy and great to be around."

Koster often played the role of historian on trips, taking photos and giving Scouts CDs afterward as keepsakes.

"He's very aware of the Scouts and interacts with them," Moellman says. "He has an infectious laugh. The real challenge with Scouts is to bring along those who have issues at home or physical limitations. Keith has always done his best to include everybody."

THE CANCER RETURNS Two years after the first surgery, doctors discovered another mass.

"They cut from just below my ear down to the top of my shoulder," Koster says. "To this day I have no feeling from the middle of my ear to the top of my shoulder from that surgery. They said, 'OK, we got it all this time.'"

About five years later, the cancer returned, this time wrapping itself around his vocal chords. Koster was extremely concerned; he regularly emcees American Legion events and conducts training for Boy Scout training.

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Koster surveys surrounding peaks of the Adirondacks while hiking Mount Phelps. Photo by Schelly Stone

“Going into surgery, it was scary not knowing the outcome or how long I may or may not have my voice,” Koster recalls. “After surgery, I came out and I bellowed out as loud as I could. My wife and mother broke down in tears because there was a pretty grim prognosis of what I might sound like.”

He’s been cancer-free for several years now.

“I went into all the cancer surgeries like scientific experiments,” Koster says. “Unfortunately they were on me. While I carried my faith into it and prayed a lot, I knew I couldn’t pray it away. So we had to take the right actions. I was really going into it being as positive as I could, mostly for those around me. I get emotional still today; seeing my father cry for the first time was really difficult. And then telling him the second time that I had cancer ... that was the hardest thing I had to do. He was always a rock.”

Koster’s therapy is twofold: he takes medicine every day to survive without a thyroid, and he hikes to clear his head.

“There’s a lot you go through when you’re having cancer, or any life-changing kind of thing, and the trail just clears my head,” he says. “I’m not thinking about what dose I’m on. I’m not thinking about the next radiation treatment. I’m not thinking about the next surgery. I’m just thinking about putting my foot on the rock safely in front of me, or grabbing on to a tree to hold on, or using the ice ax so I don’t go sliding back down the 100 feet I just came up.”

A PATH TO PEACE Koster sometimes hikes solo, other times with Moellman or others. The longer hikes can last up to 12 hours or more, depending on the group’s skill levels, terrain and weather.

On these hikes, it is critical to be able to trust your partners, Moellman says. “You must be able to count on them not just for support, but making



Watch a video about Koster’s quest:
legion.org/legiontv

decisions that can affect you and the hike. You are trusting them with your life in a lot of situations. Keith has always been there.”

Koster and Moellman have endured tough times on the trail, but their friendship, familiarity and years of experience help pull them through.

When hiking alone, Koster finds motivation by remembering his comrades.

“Some of the hikes are long, 16 to 18 miles in length,” he says. “You’re going through elevation and changes in your body. I’m not a young chicken anymore, so my body tends to ache and hurt. Lately I’ve been thinking about veterans. Afghan vets in the summertime when it was 90 degrees, brutally hot, trudging through. I’m carrying the flag for them, so I should be able to do it. Same as this time of year, when it gets cold and miserable and visibility is almost nothing. I think of our veterans who are doing the same thing.”

Koster hopes his achievement will inspire others, especially young veterans who may be dealing with post-traumatic stress disorder or other difficulties. Hiking, he hopes, will bring them peace.

“Even if just one veteran who may be thinking of going down a different road sees my story and says, ‘Maybe I can do that,’ it would be worth it,” he says. “I don’t even have to know that person. If I can change that one person who has cancer or that veteran who’s going down a different route than maybe they should be going down, that would be important to me.” 🌿

Henry Howard is deputy director of media and communications for The American Legion.



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‘NOTHING WE COULDN’T BUILD’

The Army’s incredible floating repair shop kept its helicopters flying in Vietnam – and then went to the scrap heap.

USNS Corpus Christi Bay, the Army’s first and only floating aircraft maintenance facility, was anchored off the coast of Vietnam during the height of the U.S. war. The 1st Transportation Battalion performed a wide range of aircraft repair aboard the ship, saving the military significant time and money. Photo courtesy Tom Mott

BY KEN OLSEN

Aaron Lilley Jr. was stunned when he received what amounted to a recall notice halfway through his tour in Vietnam. The ship he commanded – a one-of-a-kind floating aircraft repair station with a stellar reputation for quality work and quick turnaround – should abandon its post and head home to save money, Army Audit Agency officials wrote.

Lilley and the more than 350 machinists, mechanics and other specialists on USNS *Corpus Christi Bay* knew the auditors were wrong. With the ability to overhaul everything from engines to electronics and parachutes to propellers, *Corpus Christi Bay* kept the helicopter-dependent Army flying in Vietnam. It was faster and far less expensive than the alternative: shipping aircraft components back to the United States for repair or re-creating the ship’s sophisticated facilities on land somewhere in Vietnam.

“We could do a lot of things that had never been done before,” says Lilley, commander of the 1st Transportation Battalion (Seaborne) from June 1969 to June 1970. The ship repaired as many as 20,000 aircraft components a month and saved the military millions of dollars.

“There was nothing we couldn’t build,” adds Doug Sapp, a sheet metal fabricator and airframe repairman during Lilley’s tenure. “It was virtually a little Boeing.”

Lilley ultimately prevented the Army Audit Agency from recalling *Corpus Christi Bay*, and it remained off the coast of Vietnam until 1972. But the storied ship suffered a cracked hull in a tropical storm after the war and was sold for scrap in 1975, he says. Despite its success and a forceful lobbying effort by Lilley and other supporters, the Army never replaced its shipborne repair depot.

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THE BEGINNING

The idea of a floating aircraft maintenance shop first arose during the U.S. military's island-hopping campaign across the South Pacific in World War II. The combat zone changed too quickly to justify land-based facilities, according to the U.S. Army Center of Military History. The concept was revived as a growing number of Army helicopters arrived in Vietnam in the early 1960s, when it became clear that the cavalry had to move by air.

Widely respected Army aviator Col. John Sullivan oversaw conversion of USS *Albemarle*, a World War II Navy seaplane tender, into a sophisticated repair depot that was rechristened USNS *Corpus Christi Bay*. At its peak, the makeover involved 1,000 workers at the Charleston Naval Shipyard.

The result was the first Army floating aircraft maintenance facility, with 37 repair specialties including molten-salt heat-treating ovens (temperature 1,800 degrees), metal-plating, chemical and metallurgical testing, and two deck cranes for unloading helicopter engines and other heavy freight. "You name it, there was a shop for it," says Alan Barrick, who served an 18-month tour on *Corpus Christi Bay* from 1969 to 1970.

"The ship provided several advantages," adds Ed Raines, a military historian. "It concentrated all the machinery and skilled mechanics and other technicians required to keep the aircraft, both fixed-wing and rotary-wing, flying."

A library of 180,000 blueprints made it possible for the 1st Transportation Corps to make practically any part for the aircraft components they serviced. The rest of the ship was equally impressive, with air-conditioned living quarters,



Alan Barrick served 18 months aboard Corpus Christi Bay, where he dealt primarily with rotor heads and swashplates, helping restore every piece to precise factory specifications. Photo courtesy Alan Barrick

dry cleaning and shoe-repair shops, a post exchange and a barber shop. There were facilities for a flight surgeon, medical staff and a dentist. But the renovated ship was so top-heavy that the military had to place five feet of concrete in the bottom of the hold to stabilize it.

Sailing and maintaining *Corpus Christi Bay* fell to a Merchant Marine captain and crew. The ship arrived in Vietnam in April 1966 with about 370 Army personnel running repair facilities. It was first posted to Cam Ranh Bay, then moved to Qui Nhon to be closer to the 1st

Cavalry, which relied on hundreds of aircraft, from helicopters to fixed-wing spotter planes. *Corpus Christi Bay* did work for other units and other branches as well, Barrick says.

DREAM ASSIGNMENT Soldiers selected to serve on *Corpus Christi Bay* had aircraft repair training or demonstrated aptitude for the work. Some, like Sapp, had wanted to become aircraft mechanics since childhood. All were at the top of their class. "I had the best battalion in the Army," Lilley says. "They could do anything in the world and had no complaints."

A ranch kid from Curlew, Wash., Sapp was drafted during his first year of college. He signed up to serve an extra year to avoid the infantry. He trained in airframe repair and sheet metal work at Fort Eustis, Va., and then received a year of additional training at the Army aircraft maintenance facility in Corpus Christi, Texas – as did most soldiers who served on the ship.

It was serendipity. Sapp headed to Vietnam in 1968 buoyed by his older brother's promise that they would start an aircraft company when he

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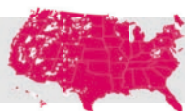
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came home from the war. But when he saw the ship where he was destined to spend the next year, his first thought was, “It looks damned small.”

Like Sapp, Jesus Perez was born to do this work. He started repairing tires in the gas station his father managed in Mercedes, Texas, when he was 9. Perez joined the Air Force after high school and was on track to become a radar operator until they discovered he was colorblind. He instead trained as an airframe repairman, patched bullet holes and fixed other combat damage on B-26 light bombers in Korea from 1952 to 1953.

Perez joined the Army in 1958 after a four-year hiatus from the military, served with a helicopter company during his first tour in 1962 and became an airframe repair instructor. He was in charge of the engine and powertrain repair platoon during his two tours on *Corpus Christi Bay* in the late 1960s.

“We were the highest echelon in Army aviation in Vietnam, and we were saving the government lots of money,” Perez says. He retired from the military and enjoyed a second career with a civilian contractor that worked on airplanes for the Army, FBI and other government agencies. That sort of success was the norm among *Corpus Christi Bay* veterans, Perez says. “All of those kids got good jobs when they got out.”

Barrick fits that bill. He too was drafted while in college and signed up for an additional year in the Army to qualify for aviation maintenance training. Barrick got a taste of what was coming in Vietnam during his year at the Army aircraft maintenance depot in Texas, where he worked on helicopter engines, transmissions, gear boxes and everything else “from the rotor head to the tail,” he says. Part of that duty included cracking open



At its peak, the conversion of USS Albemarle, a World War II Navy seaplane tender, to a helicopter repair depot renamed USNS Corpus Christi Bay involved 1,000 workers at the Charleston Naval Shipyard. U.S. Army

crates that contained worn-out or damaged aircraft parts and mud, sand and smells that had hitchhiked from the war zone. Once aboard *Corpus Christi Bay*, Barrick primarily dealt with rotor heads and swashplates. A lot of them. “There was a constant flow of repair work,” he says.

Every piece *Corpus Christi Bay*’s shops worked on was restored to factory specifications. Reassembled engines and other parts were taken through the paces in one of the ship’s test cells before being returned to service.

About a dozen crew members were

stationed on land. They gathered helicopter and airplane parts as they came in from combat units, boxed them up and transported them to the ship. Tom Mott was one of these “sand crabs.”

Mott had already trained as an amphibious vehicle mechanic when he was tapped to go to Vietnam in 1969. He lived at the Vung Tau airfield, loaded and unloaded trucks bearing helicopter parts, and made at least one freight run a day to *Corpus Christi Bay* – moored about a mile off shore – in his 15-ton amphibian. The waves made unloading the steel cans with engines, or the long boxes with rotor blades, a challenge. He tied up to a barge alongside *Corpus Christi Bay*. That gave the ship’s crane operator a clear view of what he was hoisting from below. And yet “the ship is rolling one way, the barge is rolling the other way, and then there’s the amphibian – the smallest of the three,” Mott says.

There were plenty of perks. To a man, those who served on the ship fondly remember the food. Navy river rats and passing helicopters made it a point to show up for drive-by repairs around lunchtime, Barrick says. Christmas dinner in 1969



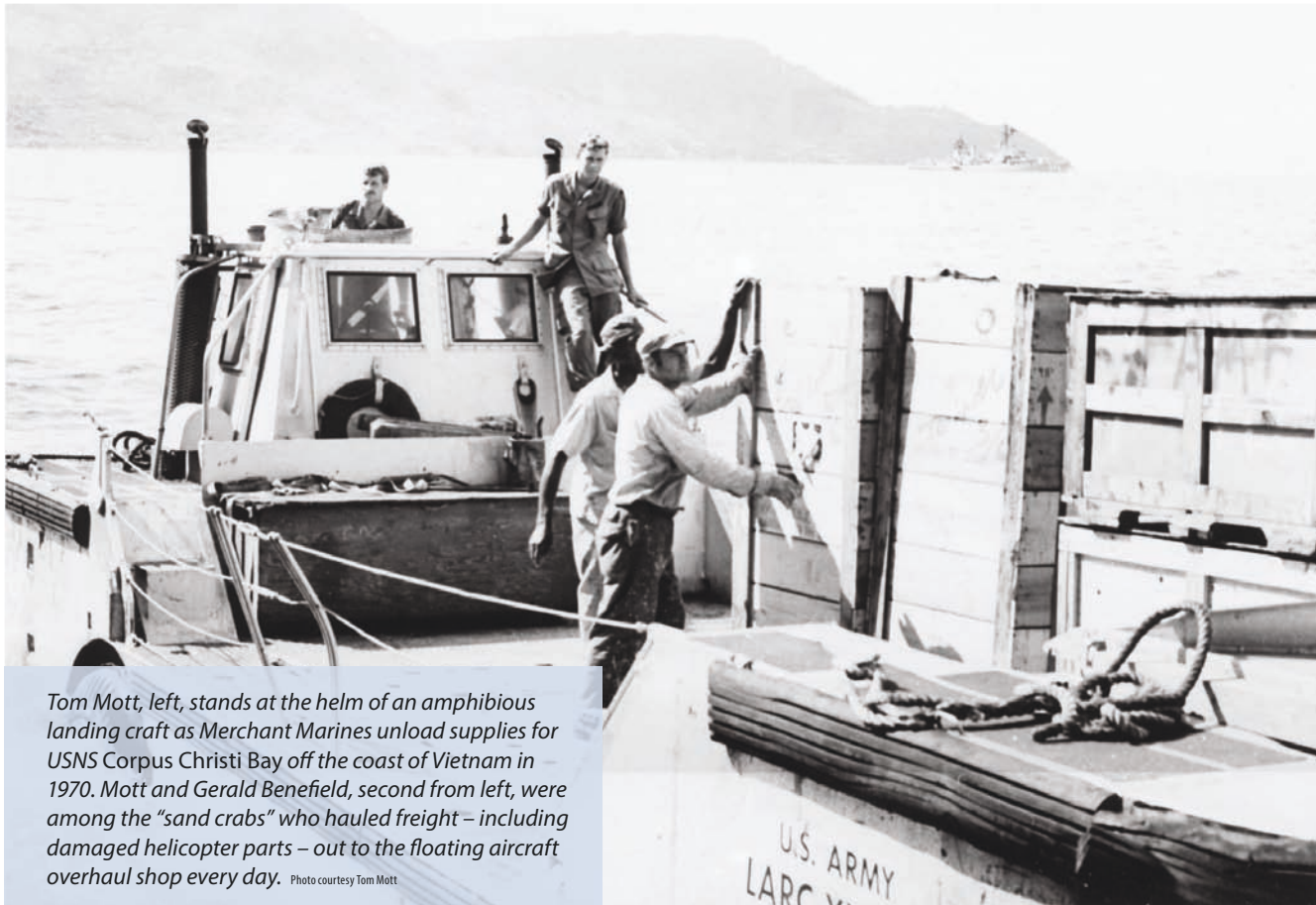
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Tom Mott, left, stands at the helm of an amphibious landing craft as Merchant Marines unload supplies for USNS Corpus Christi Bay off the coast of Vietnam in 1970. Mott and Gerald Benefield, second from left, were among the “sand crabs” who hauled freight – including damaged helicopter parts – out to the floating aircraft overhaul shop every day. Photo courtesy Tom Mott

made the biggest impression. There was lobster, turkey, ham and all the sides. “You’d think you were eating in a five-star restaurant,” he says. “It was really sweet compared to what many other GIs endured,” Sapp adds.

PAYING FORWARD The 1st Transportation Battalion did more than precision aircraft work and eating well. The first contingent adopted an orphanage in Cam Ranh Bay in 1966, Barrick says. And the ship’s medical staff helped local villagers after the relocation to the Vung Tau area. For example, the ship’s doctor and dentist helped arrange for a 9-year-old Vietnamese girl to have surgery to correct a congenital heart problem – an event chronicled in the September 1970 issue of the ship’s newspaper, the *FanTail*.

Barrick earned his FAA airframe and powerplant license after he got out of the Army, and enjoyed a 33-year civil service career that included overseeing maintenance and repair of all Army Reserve unit aircraft in a region extending from Maine to Puerto Rico. When he retired in 2002, he was working in Army logistic research and development. Separately, he rose through the ranks to aviation chief warrant officer in the Army Reserve. “I owe it all to getting drafted into the Army,” he says.

Sapp also feels fortunate to have been drafted. “It’s probably the best thing that ever happened to me,” he says. His brother made good on his promise, and the two ran an aircraft salvage and repair company for the first 12 years after he got out of the service. One of their specialties was retrofitting Piper Super Cubs for use in the Alaska bush. Today he runs a company in Omak, Wash., that sells parts for a vintage Chinese fighter/trainer popular with collectors, and continues to restore airplanes.

Like many of the men who served on the ship, he’s active in the USS *Albemarle*/USNS *Corpus Christi Bay* Reunion Association, which still includes a few veterans from the ship’s World War II service era, as well as a large contingent of Vietnam veterans. They are proud to have served on the only floating Army aircraft shop ever to go to sea. 🌿

Ken Olsen is a frequent contributor to The American Legion Magazine.

Find the USS *Albemarle*/USNS *Corpus Christi Bay* Reunion Association online: ussalbemarle-usnscorpuschristibay.org/reunion.htm
On Facebook: USNS *Corpus Christi Bay* Alliance

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TO STRENGTHEN A NATION / THE AMERICAN LEGION STORY

PART 7

Through the decades, The American Legion has built an identity of influence by staying true to causes, not political sides.

POLICIES NOT PARTISAN POLITICS

COMPILED
BY MARK
SEAVEY



THE AMERICAN LEGION CELEBRATES its 100th birthday this month. No principle poured into the foundation of the organization has proven more essential to progress in Washington over the last century than Article II, Section 2 of its constitution:

The American Legion shall be absolutely nonpolitical and shall not be used for the dissemination of partisan principles nor for the promotion of the candidacy of any person seeking public office or preferment.

A journey through the decades, narrated by national leaders of different political persuasions and interests, in times of war and peace, illustrates the respect that founding principle has obtained as The American Legion has battled for a strong and well-prepared military, compassionate care for veterans, national pride through Americanism and wholesome development of youth.



THEODORE ROOSEVELT JR.

Writing in the Aug. 8, 1919 American Legion Weekly

First, the organization should be nonpartisan, concerning itself with policies but never with partisan politics. Second, its membership should be composed of service men and women, regardless of whether they served overseas or were unfortunate enough to have their duty keep them in this country. Third, it should be really civilian and in its councils ... general and private, admiral and gob, would be treated on the same basis.

Through all of its actions, the doctrine of Americanism stands foremost. By it, the impulses of patriotism generated in the Great War will be crystallized and preserved for the future good of the nation. Its fields of useful activity are bounded only by the desires of its members.



GEN. JOHN PERSHING

Speaking Sept. 20, 1927, at the American Legion National Convention pilgrimage to Paris

No orders from any government could ever create this spirit ... a continuation of this spirit and the desire to preserve and consecrate our war experience led to the formation of the patriotic society of veterans known as The American Legion. It was organized here in France with the sound of battle ringing in our ears. Its purpose, in part, is to cherish the memories of sacrifices in a noble cause, to safeguard the principles of justice, freedom and democracy, to consecrate and sanctify our comradeship and to promote peace and good will on earth.

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SEN. HARRY S. TRUMAN

Speaking March 7, 1938, at George Washington American Legion Post 1, Washington, D.C.

The Congress is considering a plan for industrial mobilization which, I think, has merit. It is proposed to draft industry and labor, in time of emergency, on the same basis as the men who are to be shot at are drafted. It is thought that this would leave no loophole for profiteers, or chance for exploitation by any group or class. This proposal still requires a lot of study to make it effective and workable.

I believe in an adequate national defense program. I think that the old Puritan who prayed regularly for protection against the Indians was much safer when, at the same time, he prudently kept his powder dry. Andrew Jackson, the fighting old President from Tennessee, said, "We shall more certainly preserve peace when it is understood that we are prepared for war."

The world knows that we can mobilize ... that we can and will fight for our rights, in spite of a small and vociferous pacifist group.

The world knows our honorable record ... We fought for liberty and honor, just as we always have and just as we always shall, when occasion demands it. I hope we shall never have to fight again, and the best way to keep from it is to be adequately prepared for all contingencies.



SEN. JOHN F. KENNEDY

Speaking Oct. 16, 1953, in the National Executive Committee room of The American Legion National Headquarters, Indianapolis

One of the articles of the Legion's oath is "to make right the master of might." But the Legion has never believed that "right" should march unescorted and unarmed in a difficult and dangerous world and, therefore, since its earliest days, The American Legion has made one of its foremost aims the battle for strong and adequate national defense, and in so doing, it has fought against the successive waves of drift and slide of the last years that have cost us so heavily.

This meeting is therefore, I believe, the proper place in which to argue the need for a defense effort more in keeping with the perils of the time than the one that is at present our national policy.

The American Legion will have many opportunities for important public service in the coming months, but already it is becoming apparent that it may again be in the field of national security that this service will have its most enduring significance.



GEN. GEORGE C. MARSHALL

U.S. Army chief of staff, speaking in Chicago Sept. 18, 1944, to the 26th American Legion Convention

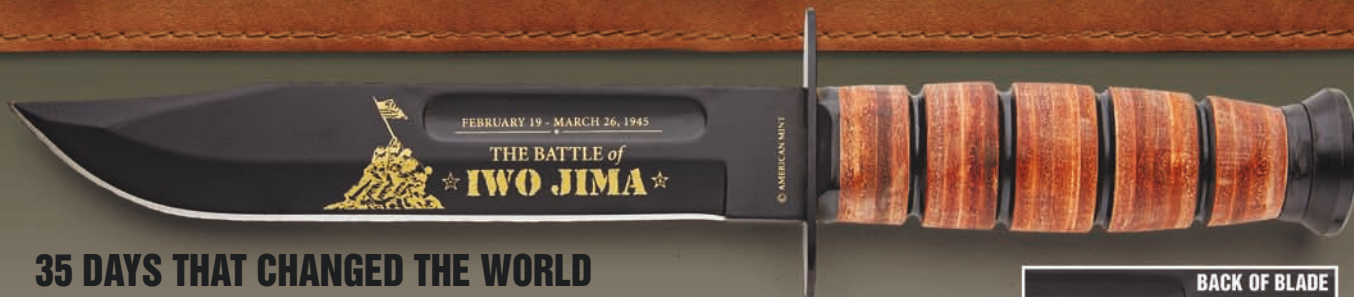
I have complete confidence in the success of our military efforts, provided we can have steady backing on this side of the oceans until the cessation of hostilities is actually announced.

I am talking very frankly to you veterans of the Legion, because your understanding influence has been of great assistance to me in the past, and the War Department is depending on your help to weather the gales of the final fighting in Germany and the rapid transfer of our military power to the Pacific.

There is also a very special reason why the young armies of this war have a right to your strong support in what is yet to come. They have just delivered from the enemy the cemeteries of your heroic brothers in arms who fell in your war; they have given you back your great war memorials and they have redeemed your battlefields – all of them from Belgium and Le Cateau, through Cantigny, Chateau-Thierry, Soissons and the Marne salient, across the plains north of Rheims to the awful fields of the Meuse-Argonne and St. Mihiel. And mark this, they did it for you in the best American manner, at top speed and within a few days' time.

Not satisfied with that, they are about to introduce the American art of war into Germany so that any doubts the enemy may have had regarding our military competence or willingness to fight will be dispelled in an unmistakable and final manner.

BATTLE OF IWO JIMA MILITARY KNIFE



35 DAYS THAT CHANGED THE WORLD

Situated 650 miles from mainland Japan, the small island of Iwo Jima was considered the difference between victory and defeat for the Allies in the Pacific Theatre during World War II. It was a vital link as a refueling site for the U.S. bombers and fighter escorts on their way to Japan.

On February 19, 1945, U.S. Marines hit the shores of Iwo Jima after 3 days of pre-invasion bombing. Their objective was a dormant volcano named Mt. Suribachi, which rose 546 feet above the shore. Control of Suribachi meant control of the island.

The climb up Suribachi was fought inch by inch. The Japanese fought from a fortified network of underground bunkers which made gunfire ineffective. The high ground had to be taken using flame throwers and grenades. Finally, on February 23, U.S. forces reached the summit. The raising of the American flag that day provided a lasting impression, inspiring not only the combatants, but also a war-weary nation.

On March 26, the entire island was secured. The Allied Forces suffered 25,000 casualties, with nearly 7,000 dead. Those sacrifices led to air superiority in the Pacific . . . and victory in World War II.

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VICE PRESIDENT RICHARD M. NIXON

Speaking Oct. 18, 1960, to the 42nd American Legion National Convention, Miami

As you have heard over and over again, the battle for the world will be decided probably in the non-military area. It will be decided in the minds and the hearts and the souls of men. It will be decided certainly by what our President and our Vice President and our Secretary of State say in the world councils, but it will be decided in our favor only if a President is able to speak for a nation that is strong, morally

and spiritually – and that kind of strength must come from the homes, it must come from the schools, it must come from the churches of America. America must be an example for all the world to see, and that's why I say you, The American Legion, as leaders of your community, can render tremendous service.

See that our young people realize what a privilege it is to be a citizen of this country. See that they realize what freedom means. See that they realize certainly that in America we have some other destinies than simply to keep what we have, that America came into the world 180 years ago not just to preserve freedom for ourselves, but we came into the world to extend it to all mankind. That was true then, at the time of the American Revolution. It is even truer today, when America has the power morally, spiritually, economically and militarily to be heard and seen and felt in world councils. But again, that comes back to you. See that the President of the United States can represent a united America. See, for example, in a very difficult field - and I mention it because it is difficult and because the Legion has been very forthright in meeting difficult problems - that we make progress in the difficult area of human rights so that a man like Khrushchev, who has enslaved millions and who slaughtered thousands in the streets of Budapest, cannot again come to this country and point a finger at us and say, "You deny human rights."



PRESIDENT RONALD REAGAN

Speaking Feb. 29, 1988, at the American Legion Washington Conference

I've often said that there is something unique about the American form of patriotism, the kind so gloriously on display here at the Legion. It is not an exclusive attachment; it is not jealous or chauvinistic. It's the affirmation of man's deepest desires for the rights and liberties given him by his Creator. American patriotism is, quite simply, the call to freedom, everywhere, for all peoples. And that's why the American flag is more than a national flag. It has been, throughout our history, the hope and encouragement of freedom-loving peoples everywhere.



VICE PRESIDENT GERALD R. FORD

Speaking March 6, 1974, after accepting The American Legion's Distinguished Public Service Award, Washington, D.C.

Going back to the days in the interim between 1920 and 1940, The American Legion was one of the few, if not the only organization, that had the courage and foresight to say that we were pursuing the wrong policies as far as national security was concerned. That was the period or the era when it was common practice and popular policy to slash the military, to scuttle our Navy, to not look far enough in advance to see that the Air Force or the aircraft had a future. It was the period when our manpower strength in the Army and the Navy was cut very substantially.

But The American Legion, despite the tendency in the popular support for reduction of our national security forces, stood strong, shoulder to shoulder, and fought a good fight, and when our problems arose in the late 1930s and culminated in Pearl Harbor, The American Legion was proven right. And The American Legion can look back upon those two decades as a period, in many respects, of its greatest hour.



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In honor of the 50th anniversary of the Apollo 11 mission, Congress has authorized the release of this special, limited-edition commemorative half dollar.



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For just the second time in history, the U.S. Mint has struck a coin with a curved surface. On one side is the indented footprint left by astronaut Neil Armstrong, along with the names of the space programs that led to such a historic moment: Mercury, Gemini and Apollo. Flip the coin over and you'll see the outward curve of an astronaut's helmet. This design recreates the close-up photo taken by Buzz Aldrin of Armstrong standing next to the landing module as seen through Buzz's visor.

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TO STRENGTHEN A NATION / THE AMERICAN LEGION STORY



ARKANSAS GOV. BILL CLINTON

Speaking Aug. 25, 1992, at the 74th American Legion National Convention, Chicago

Just three months before a lot of America's innocence died, when President Kennedy was assassinated, those warm and hopeful summer days, The American Legion taught me lessons I have tried to live by all my life. Lessons about the greatness of America and the responsibility to stand up for what you believe.

The strength of our people and the durability of our Bill of Rights. The nobility of public service. That summer (through American Legion Boys State and Boys Nation), I learned from The American Legion that being a citizen involves responsibilities as well as rights – including the responsibility to love your country even enough to right its wrongs; the responsibility to get involved, to make a difference, to serve.

I am not the only American whose life has been made better by your continuing service here at home. From baseball to the Boy Scouts; from keeping veterans hospitals open to keeping kids off drugs; from addressing homelessness to preventing child abuse to instilling a deep sense of patriotism into still another generation of Americans; a grateful nation owes you a debt of gratitude.

Like any adult I have to take full responsibility for the mistakes I've made in my life. But The American Legion deserves a large measure of credit for whatever successes I have enjoyed.



PRESIDENT BARACK OBAMA

Speaking Aug. 30, 2011, to the 93rd National Convention of The American Legion, Minneapolis

It is wonderful to be back with The American Legion. You know, back in Illinois, my home state, we worked together to make sure veterans across the state were getting the benefits they had earned. When I was in the U.S. Senate, we worked together to spotlight the tragedy of homelessness among veterans and the need to end it. As president, I have welcomed (National Commander) Jimmie (Foster) and your leadership to the Oval Office to hear directly from you. And I have been honored to have you by my side when I signed advance appropriations to protect veterans health care from the budget battles in Washington when I signed legislation to give new support to veterans and their caregivers, and most recently when I proposed new initiatives to make sure the private sector is hiring our talented veterans. So, American Legion, I thank you for your partnership. And I appreciate the opportunity to talk with you about what we need to do to make sure America is taking care of our veterans as well as you have taken care of us.



SECRETARY OF DEFENSE DONALD RUMSFELD

Speaking Aug. 29, 2006, to the 88th American Legion National Convention, Salt Lake City, Utah

One of the most important things the Legion has done is not only to serve and assist and advocate as you've done so superbly for much of the past century – but also to educate and to speak the truth about our country and about the men and women in the military.

That is important in any long struggle or any

kind of long war, where any kind of moral and intellectual confusion about who and what is right or wrong can severely weaken the ability of free societies to persevere. I am confident that over time they will evaluate and reflect on what is happening in this struggle and come to wise conclusions about it.

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Years of work by innovative engineers have resulted in a mobility device that's truly unique. They created a battery that provides powerful energy at a fraction of the weight of most batteries. The **Zinger** features two steering levers, one on either side of the seat. The user pushes both levers down to go forward, pulls them both up to brake, and pushes one while pulling the other to turn to either side. This enables great mobility, the ability to turn on a dime and to pull right up to tables or desks. The controls are right on the steering lever

so it's simple to operate and its exclusive footrest swings out of the way when you stand up or sit down. With its rugged yet lightweight aluminum frame, the **Zinger** is sturdy and durable yet convenient and comfortable! What's more, it easily folds up for storage in a car seat or trunk—you can even gate-check it at the airport like a stroller. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 265 pounds, and it goes up to 6 mph and operates for up to 8 hours on a single charge.

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LORE OF THE LEGION

STORY: **JEFF STOFFER**
ART: **GARY MARTIN**
COLOR: **MARCHUS ESKOW**

SEPT. 19, 1924: NEWLY ELECTED AMERICAN LEGION NATIONAL COMMANDER JAMES DRAIN OF WASHINGTON, EMBARKS ON A DAUNTING TASK: RAISE \$5 MILLION TO SEED AN ENDOWMENT TO HELP DISABLED VETERANS AND DISADVANTAGED CHILDREN ALIKE.

AMERICAN LEGION SERVICE OFFICERS OF THE TIME ARE HARD AT WORK TRYING TO GET DISABLED WAR VETERANS HEALTH-CARE SERVICES AND BENEFITS.

THOUSANDS OF CHILDREN ARE WAR ORPHANS, IN NEED OF SUPPORT.

THE CAMPAIGN IS LAUNCHED STATE BY STATE, STARTING WITH INDIANA, ILLINOIS AND KENTUCKY.

BY THE LATE SPRING OF 1925, THANKS LARGELY TO SMALL CONTRIBUTIONS FROM AMERICAN LEGION FAMILY MEMBERS, POSTS AND DEPARTMENTS NATIONWIDE, THE CAMPAIGN RAISES MILLIONS OF DOLLARS. ELEVEN GOVERNORS SERVE AS CHAIRMEN FOR THE FUND DRIVE IN THEIR STATES.

THE LARGEST SINGLE CONTRIBUTOR: POLISH PIANO GREAT IGNACE JAN PADEREWSKI, WHO PLEDGES MORE THAN \$28,500 FROM FOUR U.S. CONCERTS THAT YEAR. PADEREWSKI, WHO HONORS U.S. MILITARY SERVICE FOR ITS SUPPORT OF POLAND, LATER RECEIVES THE LEGION'S DISTINGUISHED SERVICE MEDAL.

THE AMERICAN LEGION ENDOWMENT FUND, INC., IS BORN AND DISTRIBUTES RESOURCES TO THE ORGANIZATION'S PROGRAMS THAT HELP CHILDREN AND DISABLED VETERANS.

IN TODAY'S MONEY, THE \$5 MILLION ENDOWMENT WOULD BE WORTH OVER \$71 MILLION.

IN LATER YEARS, THE AMERICAN LEGION ENDOWMENT FUND HELPS PAY FOR THE TEMPORARY FINANCIAL ASSISTANCE PROGRAM, WHICH DISTRIBUTES CASH GRANTS TO NEEDY MILITARY AND VETERAN FAMILIES WITH CHILDREN AT HOME.

IN 2018, THE AMERICAN LEGION ENDOWMENT FUND BEGINS DOING BUSINESS AS THE AMERICAN LEGION VETERANS & CHILDREN FOUNDATION, CONTINUING TO FULFILL ITS TIME-HONORED MISSION TO HELP THOSE WHO HAVE SERVED AND CHILDREN WITH NEEDS.



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'A FABULOUS OPPORTUNITY'

Artist Patricia Lucas-Morris talks about her design work for the American Legion commemorative coin.

Patricia Lucas-Morris' drawings are known for their incredible detail, from illustrations for children's books to technical work for Boeing Co. For more than 40 years, she has produced artwork for collectors nationwide, mostly in graphite.

More recently, Lucas-Morris has contributed coin and medal designs for the U.S. Mint through its Artist Infusion program. In a conversation with *The American Legion Magazine*, Lucas-Morris discussed her design for the American Legion silver dollar and other commemorative coins.

How did you end up as an artist and illustrator for the Mint?

I'm originally from the Boston area and went to the School of the Museum of Fine Arts in Boston, where I met a collector named John D. Merriam. He was an avid collector of fantasy art and loved black and white, so for 25 years, I did graphite pieces for him. They were big and elaborate, and all of that work now is at the Boston Public Library.

I went from there to Arizona and then to Washington state, where I am now. I worked for a few years as a children's book illustrator and then found work as a coin designer for private mint and various other designers who needed an artist to do drawings for them. I stumbled across the Artist Infusion Program through the U.S. Mint in 2013 and applied for that. To my surprise, I was accepted. It has been a fabulous opportunity to do designs for some great organizations I would never have had access to any other way.

What projects have been your favorite?

The ones that stand out the most for me are the Mark Twain and Lions Club coins. The Voyageurs National Park quarter from the America the Beautiful coin series was a fun one to do, too. I'm enthusiastic about every project we do, but I really relish being able to do wildlife. Not all of them are chosen but they're fun to draw just the same.

It's a unique way to make a living, frankly. It's not just me, it's not just the sculptor – it's an army of people who work together to make the design work and to actually get the coin into production and into people's hands. It's a marvelous process, really.

Can you explain your design for the American Legion dollar?

The most important part is the crossed flags, the U.S. flag and the American Legion flag. My original design had the arch, which is there now and is actually a detail from the Arc de



Artist Patricia Lucas-Morris.



Triomphe. I also had the keystone within the arch, but it was determined that that didn't work; the advisers felt it was probably too big, so we decided to pull it out. I wanted something symbolic of France, and of course the next thing would be the fleur-de-lis, so that's where I went with that. I did the reverse for the silver coin, and Paul Balan did the obverse. I think his design is absolutely gorgeous. I haven't seen the two sides together, but I think it's going to be very pretty when it's finally struck.

What connections do you have with veterans?

My father was in the Army during the Second World War. He was a paratrooper. I asked him questions, but he didn't talk a lot about it. I do have pictures of him in Paris and in his uniform. My mother was in the Women's Army Corps but never left the States, I believe she was stationed in Georgia, where she worked in a hospital. So I have two veterans in my family. My daughter recently married a retired Marine. I also have various uncles who were in the service.

– Matt Grills

Look for a Q&A with Richard Masters, designer of the American Legion clad coin, in the April issue.

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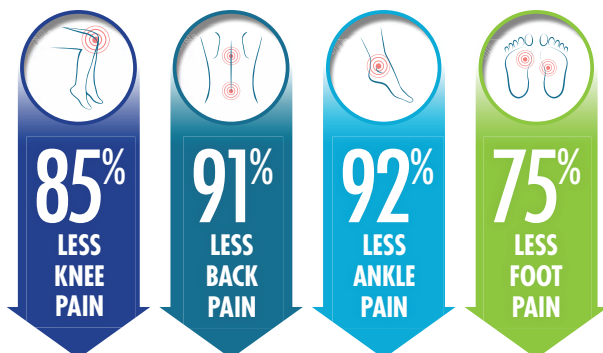
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Volunteers prepare The American Legion's Tournament of Roses parade float in Irwindale, Calif., on Dec. 31. Photo by Mitch Viquez

CENTENNIAL

'AT OUR BEST'

American Legion celebrates its legacy with a Tournament of Roses parade float.

Long after his 5.5-mile, two-hour ride on The American Legion's Tournament of Roses parade float on New Year's Day ended, American Legion National Commander Brett Reistad couldn't stop smiling.

"It was a rush," Reistad said. "You couldn't have had a better, more supportive crowd out there. I don't think there's anything I've ever done that compares to this level of excitement."

An estimated 700,000 people attended the parade, while another 4 million tuned in on ABC, NBC, Hallmark Channel, Univision, RFD-TV or KTLA.

"I really think it gave us some fantastic exposure," Reistad said. "People were very supportive as we passed – a lot of 'God bless the USA' and 'thank you for your service.' And there were Legion Family members along the way, yelling out their post numbers. It was great."

With the theme "Still Serving America," the American Legion float highlighted the entire Legion Family and its various youth programs as part of the organization's centennial celebration.

Participants arrived at their spot in the lineup around 6 a.m. It didn't take long for people walking up and down Orange Grove Boulevard to stop to thank those on the float and ask to get a photo with one or all of the four Medal of Honor recipients riding on the Legion's float.

Once the parade began, those lining the parade route – packed three, four and five people deep – greeted those on the float with cries of thanks, applause and salutes.

Those reactions moved Walter "Joe" Marm, who joined fellow Medal of Honor recipients Hershel "Woody" Williams, Ron Rosser and Britt Slabinski on the float. "It's very humbling," Marm said. "It's an honor to be here representing the veterans of our country. It's very special."

For Sons of The American Legion National Adjutant Anthony Wright, the float ride was an opportunity to honor his grandfather's and father's military, as well as put a spotlight on the Legion Family. "To have The American Legion, The American Legion Auxiliary, the Sons of The American Legion and the American Legion Riders shows unity and that we're one group," Wright said.

American Legion Past National Commander Dan Dellinger assisted with decorating the float and watched the parade from the viewing stands.

"I was sitting across the aisle from a two-star Marine general, and he stood up and clapped (when the float passed)," Dellinger said. "Everyone gave a warm welcome to us. I think people around this country saw us at our best. One hundred years of serving America, and we're going to continue to do so."

– Steven B. Brooks

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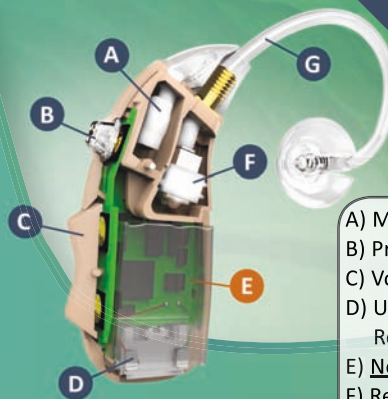


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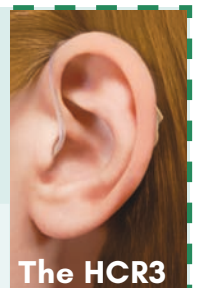
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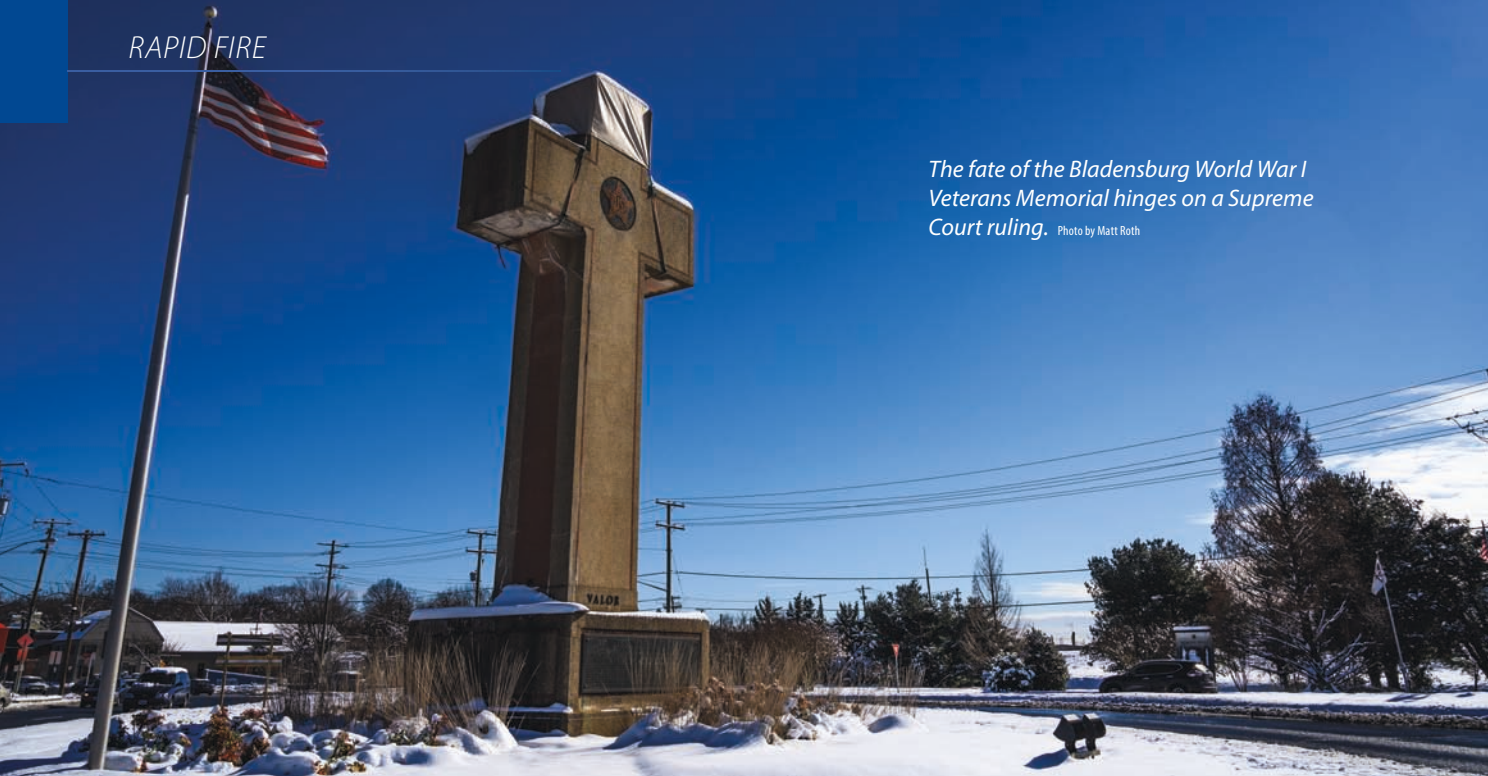
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The fate of the Bladensburg World War I Veterans Memorial hinges on a Supreme Court ruling. Photo by Matt Roth

HONOR & REMEMBRANCE

Legion takes Bladensburg memorial fight to Supreme Court

Alvergia Hobbs Guyton fondly recalls a playmate she never met: her Uncle John. Growing up with only brothers for siblings, Guyton would gather her toys, gaze up at a mounted picture of John Henry Seaburn in his Army uniform, and talk to her uncle.

Seaburn, a 20-year-old Army private, was killed five weeks before the end of World War I in France. He is among the 49 World War I soldiers whose names are enshrined on the Bladensburg World War I Veterans Memorial in Maryland.

To preserve their memories, The American Legion is defending the memorial at the U.S. Supreme Court, with arguments scheduled for Feb. 27. Represented by the First Liberty Institute and Jones Day, the Legion is asking the court to reverse a Court of Appeals ruling that could lead to the bulldozing of the memorial. A ruling is expected by July 1.

In 1925, The American Legion and Gold Star Mothers erected the memorial to honor 49 Prince George's County men killed in the Great War. It stood unopposed until 2014, when the American Humanist Association filed suit, claiming the cross-shaped memorial violated the First Amendment.

The Gold Star Mothers selected a cross design to represent their sons' resting place in Europe. Seaburn's remains were repatriated for interment at Arlington National Cemetery in 1921. Decades later, Guyton and her husband, retired Army Col. James Guyton, were stationed overseas, and she surprised her mother, Gladys Hobbs, by taking her to Marne, France, where her brother was originally buried.



Alvergia Hobbs Guyton holds a portrait of her uncle, Army Pvt. John Seaburn, who was killed in France.

Photo by Matt Roth

Guyton says the Hobbs family is proud that a local American Legion post was named for Seaburn. Post 140 in College Park was formed in 1938 and disbanded in 1991. For years, its members helped conduct ceremonies at the memorial. Leonard Smith, the first black commander for Prince George's County, led Veterans Day and Memorial Day services there.

"Those were the main events each year in Prince George's County," says Smith, who served as commander of the Seaburn post four times. "It was one of the highlights of my Legion career."

Smith adds that he was disappointed when Post 140 had to close its doors. He now belongs to Post 275 in Glenarden.

The Guytons are thankful for the Legion's defense of the Bladensburg memorial. "The American Legion since 1919 has had a mission," says James, a member of Post 68 in Sandy Spring, Md. "If you would read that mission and look at what they were doing during World War I, and compare it to 2019, it has only gotten stronger."

Guyton is hopeful that the Supreme Court will rule in the memorial's favor. "These men went into the service and gave their lives for America," she says. "If they take away the memorial, how does the next generation know the history?"

— Henry Howard

Read more about John Seaburn American Legion Post 140 and the Bladensburg memorial: [legion.org/honor](https://www.legion.org/honor)



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GOVERNMENT

California eyes text tax

The California Public Utilities Commission (CPUC) has proposed a tax on text messages, *USA Today* reports.

It's not clear how the CPUC plans to reap tax dollars from California's texters. "Does the sender pay? Does the receiver pay?" asks Kim Wunderman, president and CEO of the Bay Area Council, a pro-business group. "What if you move out of state but you keep the California number? What if you drive down to Reno, Nev., and get a phone? Can you avoid the charge then?"

There are also questions about what exactly defines a text. Certain kinds of phones and certain kinds of messaging services may not be able to be captured by California's proposed text-tax plan.

"We hope that the CPUC recognizes that taxing text messages is bad for consumers," Jamie Hastings of CTIA, a wireless trade group, said in a statement. "Taxing this service would burden those who rely on and use this service each and every day."



Doubleday Field, Cooperstown, N.Y. Photo by Zachary Krahmer

LEGION BASEBALL

Baseball Hall of Fame to host Legion centennial event

The National Baseball Hall of Fame and Museum in Cooperstown, N.Y., will host an American Legion centennial event for the public March 29-30.

With 81 former American Legion Baseball players enshrined in the Hall of Fame, including numerous military veterans, the National Baseball Hall of Fame and The American Legion have shared a long relationship.

The weekend's festivities in Cooperstown will include an exhibit with memorabilia from the first century of the Legion and American Legion Baseball, as well as an event with guest speakers.

Tickets to the Baseball Hall of Fame are available at the door and cost \$25 for adults with discounts for seniors (65 and older), children (7 to 12) and military veterans. Museum members, active and retired career military, and children 6 and younger are free.

For more information, visit legion.org/baseball or call 1-888-425-5633.



Photo courtesy Tom Hawley / Monroe News

MEMORIAM

Last survivor of Dorchester sinking passes

William G. Bunkelman – last survivor of USAT *Dorchester*, the World War II transport ship made famous by four Army chaplains who gave up their life jackets and sacrificed their own lives so that others might live – has died. He was 98.

Although Bunkelman never considered himself a hero, he "helped save the lives of more than 50 men as their doomed ship sank in the icy Atlantic," the *Monroe (Michigan) News* reports. "Of the 904 people aboard *Dorchester*," the paper adds, "only 230 were saved. It was the worst single loss of American personnel of any American convoy during World War II."

Bunkelman pulled 54 men from the water after *Dorchester* was torpedoed. But he was always quick to call others "hero," especially the four chaplains. "In his official U.S. Army written account of the event," the *News* explains, "he wrote about seeing the chaplains 'without regard for their safety, going about the deck giving the men encouragement and trying to calm their fears.'"

The chaplains, known as the "Immortal Chaplains," were Lt. George L. Fox (Methodist), Lt. Alexander D. Goode (Jewish), Lt. John P. Washington (Roman Catholic) and Lt. Clark V. Poling (Dutch Reformed). As the Four Chaplains Memorial Foundation describes, "The four chaplains spread out among the soldiers ... tried to calm the frightened, tend the wounded and guide the disoriented toward safety ... The chaplains opened a storage locker and began distributing life jackets." And when there were no more to hand out, "the chaplains removed theirs and gave them to four frightened young men."

The chaplains died together as the ship slipped beneath the frigid waters between Newfoundland and Greenland. "Survivors in nearby rafts could see the four chaplains – arms linked and braced against the slanting deck," according to the foundation's account. "Their voices could also be heard offering prayers."

One survivor described the chaplains' actions in their final moments as "the finest thing I have seen or hope to see this side of heaven."

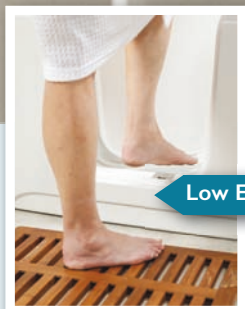


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MEMORIAM

Longtime Americanism chairman passes away

Joseph E. Caouette, 89, who served 18 years as chairman of The American Legion's Americanism Commission and then chairman emeritus, died Dec. 24.

A Marine Corps veteran of the Korean War, Caouette was a 68-year member of American Legion Martel-Roberge Post 47 in Rollinsford, N.H., where he held almost every position at the post and district level. He served as the Department of New Hampshire commander from 1979 to 1980, national vice commander from 1989 to 1990, and as a member of the National Executive Committee from 1987 to 1989.

As part of the Department of New Hampshire's Oratorical Committee, Caouette helped start the first Junior Oratorical Contest there. He was also instrumental in strengthening the American Legion Baseball program in New Hampshire and at the national level.

"Joe Caouette exemplified what it means to be a member of The American Legion – community, state and nation," National Commander Brett Reistad said. "He will be remembered in our organization as a leader, innovator and force for patriotic values."



American Legion Library

Along with his dedication to The American Legion, Caouette served his community as postmaster of the Rollinsford and Somersworth post offices, town moderator, town selectman and zoning board commissioner. He was a lifelong member of St. Mary's Parish in Rollinsford, where he was a lector, Eucharistic minister, member of the pastoral council, and chairman of the parish's 150th anniversary committee.

Richard Anderson, chairman of the Americanism Commission, said Caouette's passing leaves a void not only on the commission and at every level of The American Legion, but in the hearts of all

who associated with him.

Through his unwavering commitment to "one hundred percent Americanism," Caouette "influenced the lives of countless youth and adults of this great nation," Anderson added. "Joe's many years of leadership and guidance as our chairman has set a standard that serves as an inspiration for us to strive to enhance and promote the many aspects that the Americanism Commission has been taxed with over our 100 years of service to God and country."

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Rep. Mike Quigley, D-Ill., is one of several congressional members whose offices have doubled as their home away from home. Getty

CAPITOL HILL

Freeloading or frugal?

It's estimated that as many as 100 members of Congress live in their D.C. offices, McClatchy reports.

"My constituents want me to do the job they elected me to do," says Rep. Andy Barr, R-Ky. "They appreciate frugality too and appreciate the fact I'm focused on doing my job and not moving into Washington."

However, there are efforts to end the practice. Rep. Cedric Richmond, D-La., describes the practice as "nasty" and contends that it's akin to freeloading. "Free janitorial, free cable, free security, free utilities. Ain't a bad deal, is it?" says Rep. Bennie Thompson, D-Miss., a member of the Congressional Black Caucus. "The reality is, you're gaming the system."

McClatchy reports that the final decision on whether House offices can be used for apartment living will be determined by the Committee on House Administration. Rep. Zoe Lofgren, D-Calif., who chairs that committee, has asked the Architect of the Capitol "to provide an estimate of the fair market value of living in a congressional office," according to McClatchy. "There's a lot of sentiment that that is not something that should be permitted," Lofgren observes.

"Some office-dwelling lawmakers argue that if they weren't allowed to bunk in their workspace, congressional seats would only be occupied by millionaires who could afford to maintain two residences," McClatchy points out. A typical House member earns \$174,000 annually.

FOREIGN AFFAIRS

The cost of Yemen's civil war

10,000 New cholera cases each week

57,000 People killed

85,000 Children younger than 5 who have starved to death

14 million People at risk of famine

Source: The Guardian

FOREIGN AFFAIRS

A shorter work week

There's a growing trend around the world to move toward a four-day work week. As Reuters reports, companies in New Zealand and Germany, the Japanese government, Britain's Labour Party and Trades Union Congress, and other entities are either experimenting with a shortened work week or calling for policy changes to bring it about.

The companies that have adopted a four-day week (or just 32 hours of labor) report lower stress levels among their staffs. "Companies around the world that have cut their work week have found that it leads to higher productivity, more motivated staff and less burnout," according to Reuters.

Reuters adds that a recent survey of 3,000 workers from eight countries (including the United States) reveals that "nearly half thought they could easily finish their tasks in five hours a day if they did not have interruptions." Forty-nine percent of Americans – the highest of any country surveyed – say they work overtime.

CRIME

'Bambi' used to punish poacher

A Missouri hunter has been ordered by the court to watch the Disney classic "Bambi" as part of a sentence for illegal hunting activities, AP reports. The hunter was found guilty of illegally killing "hundreds of deer," according to AP. The deer were killed, decapitated and their bodies left to decompose. "Three relatives and another man also were caught in connection to the poaching case. They've paid \$51,000 in fines and court costs." The poacher will watch "Bambi" once a month during his 12-month sentence.



Media Bakery

What Adult Diaper Companies Don't Want Men To Know...

Men's Liberty keeps you dry and leak free for up to 24 hours.

The Diaper Dilemma

Urinary incontinence affects more than 5 million men in the United States of all ages. Diapers trap moisture, causing UTIs, discomfort and odors.

Men's Liberty Alternative

Finally there is an alternative solution for men that dependably replaces diapers, pads and condom catheters. Men's Liberty is a non-invasive external catheter option that is more comfortable and sanitary than adult diapers, easy to apply, discreet and keeps you dry 24/7. Whether you just dribble a bit or suffer from complete incontinence, Men's Liberty could be the discreet, dignified, and dependable solution for you!

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“I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes. It's a Godsend.”

— John in Michigan



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Millions of men spend thousands of dollars each year on diapers, which are not covered by Medicare. Diapers and pads can cost as much as \$300 out of pocket each month. Men's Liberty is covered by Medicare, VA/Tricare and over 3,000 insurance plans. Standard deductibles and co-pays apply.

Get your insurance card and call Men's Liberty today to get started. We handle all paperwork, claims and billing to your insurance or medicare provider.



Men's Liberty
www.LiveMensLiberty.com

NATIONAL CONVENTION

Color guards, bands invited to compete in Indianapolis

Bands and color guards can apply now to compete at The American Legion's 101st National Convention in Indianapolis in August. In addition, local bands are invited to participate in the convention parade.

The National Color Guard Contest will be at 4 p.m. Aug. 23 – an hour earlier than its traditional start time – in Hall A, Level 1 of the Indiana Convention Center. There are four classes of competition: Advancing & Retiring, Military, Military-Open and Open. Units can represent any part of the Legion Family, or have a combination of members in the unit. Units wanting to compete must commit to marching in the National Convention Parade at 4 p.m. Aug. 25. Applications are due to National Headquarters by July 19.

National Headquarters and the Department of Indiana are encouraging area bands to enter and participate in the parade, too. These bands may be Legion-sponsored or from local high schools. Each band should have a minimum of 50 participants. The application deadline is July 15.

The National Band Contest will be at 1 p.m. Aug. 24 in Hall A, Level 1 of the Indiana Convention Center. The event includes the Concert Band and Exhibition Concert Band classes. Competing bands must commit to the Sunday parade. Applications are due by May 31.

 legion.org/convention



Photo courtesy The Fab Four-The Ultimate Tribute

FAB FOUR TO PERFORM AT BANQUET

A Beatles tribute band will perform at the National Commander's Banquet on Aug. 27. Billed as "The Ultimate Tribute," the Fab Four tours nationwide and has had concerts air on public television. Tickets to the banquet are \$50; those interested in attending should contact their department adjutant.



MEMBERSHIP

NEW POSTS

Pfc. Michael C. Olivieri Post 2011, Homer Glen, Ill. Chartered Dec. 19 (16 members)

American Veterans Memorial Post 412, Lake Nona, Fla. Chartered Dec. 7 (15 members)

Hunt's Veterans Memorial Post 432, St. Gabriel, La. Chartered Dec. 7 (16 members)

Mile High Post 5280, Denver Chartered Nov. 7 (16 members)

Post 1919, Marshall, Ark. Chartered Nov. 7 (15 members)

Post 28, Alexander, Ark. Chartered Oct. 31 (15 members)

Brian L. Buker Post 218, Warren, Maine Chartered Oct. 31 (23 members)

Post 356, Berkeley Heights, N.J. Chartered Oct. 30 (15 members)

Centennial Post 2019, Pike Road, Ala. Chartered Oct. 30 (37 members)

Hart-Mack-Wilson Post 312, Thomson, Ga. Chartered Oct. 26 (34 members)





WATCHES WANTED

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\$10,000 OR MORE\$\$



Military Issue

Mechanical

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Chicago Doctor Shakes Up Hearing Aid Industry

ADVANCED HEARING AID TECHNOLOGY... ***For Less Than \$200!***

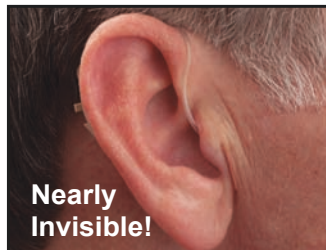
Chicago – A local board-certified physician has done it once again with his newest invention of a medical-grade, affordable hearing aid.

This new hearing aid is packed with all the features of traditional hearing aids found at clinics for a mere fraction of the cost. **Now most people with hearing loss are able to enjoy crystal clear, natural sound — in a crowd, on the phone, in the wind — without suffering through “whistling” and annoying background noise.**

FDA-Registered MDHearingAid® Outperforms Expensive Competitors

This sleek, fully programmed, light-weight, hearing aid is the outgrowth of the technology revolution that is changing our world. While demand for new technology caused most prices to plunge (consider DVD players and computers, which originally sold for thousands of dollars and today can be purchased for less), the cost of a medical-grade hearing aid remains out of reach.

The doctor knew that many of his patients would benefit but couldn't afford the expense for these new hearing aids. Generally they are *not* covered by Medicare and most private health insurance plans.



Nearly Invisible!

SAME FEATURES AS EXPENSIVE COMPETITORS

- ✓ **Behind-the-ear for a nearly invisible profile**
- ✓ **Accommodates Mild, Moderate, and Moderately-Severe hearing loss**
- ✓ **Amplifies the critical frequencies of the human voice, without amplifying background sounds**
- ✓ **Multiple sized ear domes allow for the perfect size**
- ✓ **2-Programs for customized hearing. Decrease background noise and choose the best program for your hearing loss.**

The doctor evaluated the high priced hearing aids on the market, broke them down to their base components, and then created his own affordable version, called the MDHearingAid, for less than \$200.

Affordable Hearing Aid Technology

Using advanced technology, the MDHearingAid adjusts to your listening environment — prioritizing speech and de-emphasizing background noise. Experience all of the sounds you've been missing at a price you can afford. This doctor designed and approved hearing aid comes with a full year's supply of long-life batteries. It delivers crisp, clear sound all day long and the soft flexible ear domes are so comfortable you won't realize you're wearing them.

Can a Hearing Aid Delay or Prevent Alzheimer's & Dementia?

A study by the National Institute on Aging suggests older individuals with hearing loss are significantly more likely to develop Alzheimer's and dementia over time than those who retain their hearing. They suggest that an intervention — such as a hearing aid — could delay or prevent this by improving hearing!

Try It Yourself at Home 45-Day Risk-Free Trial

Of course, hearing is believing and we invite you to try it for yourself with our RISK-FREE 45-day home trial. If you are not completely satisfied, simply return it within that time period for a full refund of your purchase price.

Compare MDHearingAid to High-Priced Store-Front Clinics

FEATURES	MDHearingAid® >>>	Hearing Aid Clinic
FDA-Registered Hearing Aid	Yes	Yes
Feedback Cancellation	Yes	Yes
Speech Enhancement Noise Reduction	Yes	Yes
Appointments Needed	None	3-4
Phone Support and 24-7 Email Support	Yes	NO
45-Day Risk Free Trial	Yes	Rarely
100% Money Back Guarantee	Yes	Rarely
1-Year Supply of FREE Batteries	Yes	Rarely
Time to Receive Your Hearing Aids	Just 1-5 DAYS	3-5 WEEKS
Hearing Aid Price	Under \$200	\$2,250+

Buyers Agree, “MDHearingAid is the Best Digital Value!”

“I am hearing things I didn't know I was missing. Really amazing. I'm wearing them all the time.”
— Linda I., Indiana

“Almost work too well. I am a teacher and hearing much better now.” — Lillian B., California

“I would definitely recommend them to my patients with hearing loss.”

— Amy S., Audiologist, Indiana



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THE GREAT WAR 100

HONOR & REMEMBRANCE

'So cheer up – both of us'

Editor's note: Throughout the Great War's centennial, The American Legion Magazine will publish excerpts from the letters of D.B. "Bernard" Ryan of Albion, N.Y., who served as an Army infantry officer and helped found American Legion Sheret Post 35 in 1919.

MARCH 3, 1919

This afternoon I went to the secretary of L'Ecole des Hautes Etudes Sociales and discussed my course with him. It will begin Wednesday and will include commercial and maritime law, maritime insurance, industrial legislation, lectures on the peace conference etc. I will send you the schedule later. I believe that it will be of practical value and that I shall profit by it. I intend to attend some of the conferences at the Sorbonne. My school is part of the University of Paris but not of Sorbonne University.

MARCH 10, 1919

I am looking forward to the good weather when I shall see Paris under sunshine and with green trees. I can't say that the city is very bright and gay now – it is rather drab and dirty and, where I suppose one saw before the war much colour and fine gowns and hats, one sees now everywhere the black crepe of mourning. Nevertheless there is much activity, the boulevards are filled, the shops seem to be busy and certainly young – and old – American is spending his money here.

MARCH 27, 1919

And now we are only 16 days apart – by mail. We won't think about the possibilities of something preventing my going home. The going home schedule of divisions seems to be marching along. But when I read about the 27th parading – and then think that the General may be this very minute walking down Broadway, I surely do get a bit homesick.

MARCH 29, 1919

The Army is up to its old tricks. Instead of leaving us all on our honor as to attendance at school, here it began last week holding roll calls. On top of that comes a ruling that everyone shall do 8 hours academic work daily, so report weekly or report himself for not having done so. I am doing some outside reading – not very much – and am profiting chiefly in progress in French by conversation around the table after meals. As if anybody in any school does 8 hours a day. It is all very droll – but there is still three months ahead for something funnier to be thought up.

Three months! Yes, today I have completed 4 weeks here – practically ¼ of my stay. So cheer up – both of us.

Love, Son

EDUCATION

Post-9/11 benefits and FAFSA



Q: I transferred my Post-9/11 GI Bill benefits to my 22-year-old daughter. She said I need to provide her my tax information so she can complete the Application for Federal Student Aid (FAFSA). Since my daughter is not living with me and is using my GI Bill benefits, will she need my tax information when completing the FAFSA?

A: If your daughter can answer "yes" to any questions on the FAFSA, she may not need your tax information. Some of the questions include: Is she married? Was she born before Jan. 1, 1995? Is she a veteran? However, if she answers "no" to any of the questions, she will need your assistance.

If your daughter has special circumstances, she should contact the financial aid office at the school she attends. It is important to complete the FAFSA early, as your daughter may qualify for extra grant money.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. askvalerie@legion.org

CENTENNIAL

Post 309, Los Angeles

According to its Centennial Celebration page, Sheriff's Star Post 309 is "a specialty post dedicated to the men and women who have served their nation honorably, and have returned home to serve their local communities within Los Angeles County." The post received its temporary charter in December 1927.

The photograph below shows an early incarnation of the American Legion Riders – in this case, a motorized unit of the Los Angeles County Sheriff's Department that was the precursor of today's California Highway Patrol.

SHARE YOUR POST'S LEGACY

Upload stories, photos and videos of your American Legion post's history.

legion.org/centennial



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- 15,000 cu. in. of storage
- 700 lb. capacity
- Weighs 139 lbs.

Customer Rating
★★★★★

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YOUR CHOICE OF COLOR
\$189.99

NOW IN 6 FANTASTIC COLORS

COMPARE TO Snap-on BLUE-POINT MODEL: KRBC107APES **\$810**

SAVE \$620

BLUE
ITEM 64031
BLACK
ITEM 64032
64030
64033 shown
RED
ITEM 64059
64061
64060 shown
GREEN
ITEM 56237
64721 shown
ORANGE
ITEM 56238
64722 shown
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64720 shown

SUPER COUPON

FREE

WITH ANY PURCHASE

PITTSBURGH 6 PIECE SCREWDRIVER SET

- Magnetic Tips
- Ergonomic Handles



COMPARE TO HUSKY \$7.97

MODEL: 20210003

ITEM 62583/62728/62570 shown

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SUPER COUPON

20% OFF

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48455112

LIMIT 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discounts, coupons or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, compressors, floor jacks, saws, saw mills, storage cabinets, chests or carts, trailers, trenchers/shovels, welders, Airmax, Ames, Bauer, Coles, CoverPro, Dayton, Diamondback, Earthquake, Fischer, Hercules, Ikon, Jupiter, Lynx, Padlin, Predator, Ridgely, Viking, Volsen, Zinch. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 6/15/19.

SUPER COUPON

TWO TIER EASY-STORE STEP LADDER



Customer Rating
★★★★★

• 225 lb. capacity

NOW **\$19.99**

SAVE 40% **\$29.99**

COMPARE TO WERNER MODEL: S322A-1 **\$33.88**

ITEM 67514

48456703

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CENTRAL PNEUMATIC

3 GALLON, 100 PSI OIL-FREE AIR COMPRESSORS



Customer Rating
★★★★★

ITEM 69269/97080 shown

A. HOT DOG
B. PANCAKE
ITEM 61615/60637
95275 shown

Air delivery:
0.6 CFM @ 90 PSI
1 CFM @ 40 PSI

COMPARE TO PORTER-CABLE MODEL: PCFP02003 **\$98.62**

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48462640

LIMIT 3 - Coupon valid through 6/15/19*

SUPER COUPON

7 FT. 4" x 9 FT. 6" ALL PURPOSE/WEATHER RESISTANT TARP



Customer Rating
★★★★★

NOW **\$2.99**

COMPARE TO BLUE HAWK MODEL: BG8X10-Y **\$9.98**

ITEM 69115/69121/69129/69137/69249/877 shown

48476506

LIMIT 8 - Coupon valid through 6/15/19*

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RAPID PUMP® 1.5 TON LIGHTWEIGHT ALUMINUM FLOOR JACK

- 3-1/2 pumps lifts most vehicles
- Lifts from 3-1/2" to 14-1/8"
- Weighs 34 lbs.

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ITEM 64545/64552/64832

68053/62160/62496/62516/60569 shown

48480369

LIMIT 3 - Coupon valid through 6/15/19*

PREDATOR

2000 WATT SUPER QUIET INVERTER GENERATOR



- 4.7 hour run time

NOW **\$449.99**

SAVE **\$549**

COMPARE TO HONDA MODEL: EU2000I **\$999**

ITEM 62523

48489319

LIMIT 5 - Coupon valid through 6/15/19*

luminar OUTDOOR

24 FT., 18 BULB, 12 SOCKET OUTDOOR STRING LIGHTS



Customer Rating
★★★★★

NOW **\$19.99**

COMPARE TO PORTFOLIO MODEL: SLC12BK **\$54.98**

ITEM 64486/63483 shown

48496281

LIMIT 6 - Coupon valid through 6/15/19*

COVERPRO

10 FT. x 10 FT. PORTABLE SHED



Customer Rating
★★★★★

NOW **\$139.99**

COMPARE TO SHELTER LOGIC MODEL: 70333 **\$236.89**

ITEM 56184/63297 shown

48507104

LIMIT 2 - Coupon valid through 6/15/19*

HARDY

MECHANIC'S GLOVES

Customer Rating
★★★★★

NOW **\$4.99**

COMPARE TO VALEO MODEL: 25521 **\$5.99**

ITEM 62434, 62426, 62433, 62432, 62429, 64178, 64179, 62428 shown

48507327

LIMIT 8 - Coupon valid through 6/15/19*

THUNDERBOLT solar

100 WATT SOLAR PANEL KIT



Customer Rating
★★★★★

2X POWER

NOW **\$149.99**

SAVE **\$207**

COMPARE TO SUNFORCE MODEL: S0180 **\$357.19**

ITEM 64335/63585 shown

48510739

LIMIT 4 - Coupon valid through 6/15/19*

CENTECH

2/10/50 AMP, 12 VOLT BATTERY CHARGER AND ENGINE STARTER



Customer Rating
★★★★★

NOW **\$52.99**

SAVE 50% **\$29.99**

COMPARE TO SCHUMACHER ELECTRIC MODEL: SE-1250 **\$59.99**

ITEM 60581/66783
60653 shown

48513776

LIMIT 4 - Coupon valid through 6/15/19*

HaulMaster

18" x 12" MOVER'S DOLLY



Customer Rating
★★★★★

• 1000 lb. capacity

NOW **\$7.99**

COMPARE TO BUFFALO TOOLS MODEL: HOPDOLLY **\$17.65**

ITEM 63098/60497/61899
63095/63096/63097/93888 shown

48515888

LIMIT 2 - Coupon valid through 6/15/19*

SUPER COUPON

HEAVY DUTY FOLDABLE ALUMINUM SPORTS CHAIR



Customer Rating
★★★★★

NOW **\$19.99**

SAVE 60% **\$27.99**

COMPARE TO COLEMAN MODEL: 2800020293 **\$49.99**

ITEM 62314/63066/66383 shown

48519798

LIMIT 7 - Coupon valid through 6/15/19*

SUPER COUPON

200 LUMENS LED SUPER BRIGHT FLIP LIGHT

- Wireless, tool-free and easy installation

Customer Rating
★★★★★

NOW **\$2.99**

COMPARE TO PROMIER MODEL: SW-SWITCH-12/24 **\$4.99**

ITEM 64189/64723/63922 shown

48528972

LIMIT 6 - Coupon valid through 6/15/19*

PORTLAND

1750 PSI ELECTRIC PRESSURE WASHER

- 1.3 GPM
- Adjustable spray nozzle

NOW **\$79.99**

SAVE 50% **\$99.99**

COMPARE TO BRIGGS & STRATTON MODEL: 20600 **\$174.44**

ITEM 63255/63254 shown

48532265

LIMIT 5 - Coupon valid through 6/15/19*

HaulMaster

3/8" x 14 FT., GRADE 43 TOWING CHAIN



Customer Rating
★★★★★

• 5400 lb. capacity

NOW **\$19.99**

COMPARE TO MIBRO MODEL: 426920 **\$64.99**

ITEM 60658/97711 shown

48538099

LIMIT 2 - Coupon valid through 6/15/19*

drillmaster

18 VOLT, 3/8" CORDLESS DRILL/DRIVER WITH KEYLESS CHUCK



Customer Rating
★★★★★

NOW **\$16.99**

SAVE 19% **\$19.99**

COMPARE TO BLACK & DECKER MODEL: GC1801 **\$59.99**

ITEM 69651/62868/62873 shown

48540082

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At Harbor Freight Tools, the "Compare to" price means that the specified comparison, which is an item with the same or similar function, was advertised for sale at or above the "Compare to" price by another national retailer in the U.S. within the past 90 days. Prices advertised by others may vary by location. No other meaning of "Compare to" should be implied. For more information, go to HarborFreight.com or see store associate.

PERSONAL FINANCE



Money management in marriage

FOCUS ON FINANCES



J.J. MONTANARO

You're driving down the road, oblivious to any potential danger, and begin to change lanes. There's nothing quite like the adrenaline rush and shock you feel when you nearly avoid a catastrophic crash with a vehicle lurking in your blind spot.

Several years ago, my wife and I experienced one of those moments with our family finances.

When it happened, we had been married more than 10 years. We had long ago settled into our financial routine and things were good – or so I thought. Unbeknownst to me, we had a cash-management conflict.

The blind spot: my wife was frustrated because she didn't feel like she had money she could call her own. Both our paychecks went into a single joint account from which all our expenses were paid. I was happy and thought she was too, but I was wrong.

How do you and your spouse manage your money? Is it working? Are you sure, or could you be blissfully ignorant like I was? As you take a second look at your cash-management options, weigh these four approaches:

■ **Do everything together.** It would seem that using joint accounts indicates a healthy relationship. With this approach, you have a single account that serves as the hub for all your month-to-month finances. Over my 20-plus years in financial planning, this is what I've seen most often. However, as my own experience showed, it's not always the best approach. Your spouse may want the freedom to go on a shopping spree, buy gifts or just have some fun money that's all their own.

■ **Keep some and contribute.** Sometimes dual-income couples set up a joint bill-paying account to which they will each contribute a specified amount. The household bills are

paid from this account, but they keep the rest of their cash in an individual account. I've noticed this approach has worked well for a number of couples on their second marriage. While they are embarking on a new "merger," this approach seems to appeal to couples giving marriage another go.

■ **Divide and conquer.** Here, you each manage your own accounts and agree on how you'll split the bills. Essentially, each spouse controls his or her own cash, and a strategy is developed to meet joint obligations. This approach provides the maximum amount of individual autonomy, and I've seen it most often in couples that married late. Typically, they were well into their 30s with their own professional lives, financial habits and obligations they brought to the marriage.

■ **The chief financial officer.** In some cases, one member of the marital team holds sway over everything. That person's name is on the accounts; he or she pays all the bills and manages the money. I'm not a big fan of this because, in my mind, money management is a team game. However, if this is your chosen approach, it's important to ensure that the non-CFO is involved and understands what's happening on the financial front.

As I've learned, there's no right answer to how you manage your money. You've got to find your own sweet spot. Our story had a happy ending. My wife set up her own checking account, and each pay period we automatically transfer \$125 from our joint account to her account. This small move paid big dividends. She's content and feels like she has some of her own money. Hand in hand, we continue down the road to financial security.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

legion.org/usaa/focusonfinances

TECHNOLOGY

Apple launches online store for troops, vets

Apple has opened the Apple Veterans and Military Store for current U.S. servicemembers, National Guard personnel, reservists, veterans and close household relatives. As *Stars and Stripes* reports, the new online store provides a 10-percent discount for servicemembers and veterans on most products Apple offers online. There are some caveats: "It's intended for items for personal use, you must be 18 or older, and there are limits on the number of certain items for purchase. For example, one person can only buy – or order for a family member – three computer systems and three iPads in a calendar year." Verification of military service is required at checkout.

apple.com/shop/browse/home/veterans_military

POLITICS

The floors are going to buckle.

David Yepsen, former *Des Moines Register* political reporter and host of Iowa Public Television's "Iowa Press" show, on the historic turnout expected by state Democratic officials for next year's presidential caucuses. With a large field of candidates, the party doesn't want a repeat of 2016, when large crowds and changes in voter registration laws revealed "a deeply flawed system designed for a different era," Politico reports.



How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280, e-mail reunions@legion.org or submit information via our website, www.legion.org/reunions.

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, The American Legion Magazine will publish a group's listing only once a year.**

Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206**, fax (317) 630-1280 or e-mail reunions@legion.org.

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life

memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

6937th Comm Grp, Including 2008th & 7914th Dispensary Grps (Peshawar Air Stn, Pakistan, 1959-1969), Biloxi, MS, 4/28-5/1, Thomas Davis, (937) 470-3395, badaberg@att.net; **AF, AF Reserve & Air Nat'l Guard Red Horse and Prime Beef**, Las Vegas, 10/8-12, Dick Aldinger, (407) 859-7436, famdinger@aol.com; **In-Flight Refueling (Boomers) Assn**, Branson, MO, 9/18-22, Dick Thomas, (417) 554-1053, rh.dickthomas@gmail.com; **Nagoya/Komaki AB Reunion Assn**, Kansas City, KS, 4/28-5/2, Joe Calhoun, (724) 538-3638, ncalhoum53@gmail.com; **Nuclear Wpns Tech Assn**, Dayton, OH, 6/27-29, W. Sudol, (315) 941-0909, usafnwtapres@gmail.com

ARMY

1st Bn 8th Cav "Jumping Mustangs" (Vietnam), Including Medics, Arty FO Teams & AF Liaison Teams, Anaheim, CA, 9/4-8, James Knafel, (260) 244-3864; **1st Mil Intel Bn (Air Recon Support)**, Reno, NV, 5/9-11, Don Skinner, (503) 648-6059, donsk@frontier.com; **5th Inf Div (All Eras)**, San Diego, 9/5-9, Steve Wheat, (618) 404-4176, wheatsoo@gmail.com; **11th Armd Cav Vets of Vietnam and Cambodia**, Las Vegas, 8/21-25, Frank Church, (386) 365-0487, fchurch4@aol.com; **42nd Eng Co (Separate) 20th Inf Bde (1960-1995)**, Nicollet, MN, 8/17, Richard Carlson, (507) 317-2035, richardcarlson1946@gmail.com; **50th Co Inf OCS Class 24-69 (Aug 1969)**, Washington, 9/25-29, Peter Nowlan, (802) 279-7088, pknowlan@myfairpoint.net; **117th AHC**, Augusta, GA, 6/11-15, Al Bennett, (850) 834-3376, namvet42@hotmail.com; **205th MP Co (Fort Leavenworth, KS, 1971-1973)**, Leavenworth, KS, 4/30-5/2, Larry Grebe, (574) 209-0273, ldgrebe@gmail.com; **213th Assault Support Heli Co**, Philadelphia, 5/5-10, Mike Brown, (330) 931-8426, bcatt213@aol.com; **630th Trans Co**, Washington, PA, 8/17, Bernie Seik, (724) 255-1604, bbseik@yahoo.com; **76th Eng (Korea, 1950-2019)**, Lebanon, TN, 4/25-28, Richard Cerone, (207) 647-3877, rfcerone@gmail.com; **Alpha Co 75th Inf (Ranger)**, Waco, TX, 9/14, Roy Bissey, (307) 752-6428, r_bissey@yahoo.com; **Army OCS (All Branch Classes 1941-2019)**, Columbus, GA, 4/28-5/1, Nancy Ionoff, (813) 917-4309, ocsalumni.reunion@gmail.com; **Delta Trp Blackhawk Assn 7/1 Air Cav (Vietnam)**, Fort Knox, KY, 5/16-18, Joe Vernengo, (586) 337-3334; **E-6-1 Evil Echo**, Potomac, MD, 11/10, Mike Cowfer, (301) 313-9196, roadster3232@yahoo.com; **Vietnam Dusters, Quads, Searchlights, Vulcans, HAWKS**, Mobile, AL, 5/14-19, Bruce Geiger, (914) 576-1050, bmgeiger@aol.com

JOINT

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Don Retchlag, (847) 429-9717; **Squadrons & Shipmates (All Carrier & Carrier-Based Sqdn Personnel)**, Buffalo, NY, 8/13-18, Al Wedemeyer, (859) 689-7001, squadronsmates@aol.com; **Taipei, Taiwan (All Yrs)**, Dallas, 10/10-13, Richard Goodrow, (518) 636-3909, rgoodrow@yahoo.com

MARINES

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NAVY

Ajax AR 6, Minneapolis, 6/9-13, Thomas Judge, (830) 745-2141, tjudge7673@sbcglobal.net; **Aubrey Fitch FFG 34**, Mayport, WI, 10/18-21, John Crabbe, (920) 360-5469, jccrabby@yahoo.com; **Benjamin Franklin SSBN 640**, Savannah, GA, 11/4-8, Allen Exelby, (330) 456-9914, ssbn640blueyeo@aol.com; **Boulder County LST 1190**, Virginia Beach, VA, 6/22-23, Mike Palimeri, (781) 771-3958, palimeri@gmail.com; **Carpenter DD 825**, San Antonio, 5/16-20, Jimmie Kennedy, (714) 776-4019, kennjd3@gmail.com; **Corry DD/DDR 817**, New Bern, NC, 5/15-19, Patrick McGoochan, (732) 363-1481, pmcgoochan@optimum.net; **Courtney DE 1021**, Norfolk, VA, 9/12-15, Marc Arsenaull, (508) 248-5072, marc-a@charter.net; **Cromwell DE 1014**, Norfolk, VA, 9/12-15, Marc Arsenaull, (508) 248-5072, marc-a@charter.net; **Dealey DE 1006**, Norfolk, VA, 9/12-15, Marc Arsenaull, (508) 248-5072, marc-a@charter.net; **Des Moines Reunion Assn**, Hermitage, PA, 7/24-26, Arthur Weeks Jr., (401) 439-1660, w1agw@comcast.net; **DESRON 30 - Cotten DD 669, Daly DD 519, Dortch DD 670, Gatling DD 671**, Savannah, GA, 6/3-5, Richard Myers, (404) 508-3308, ramunlim@yahoo.com; **E.A. Greene DD/DDR 711**, Mobile, AL, 9/16-20, Thomas Weir, (864) 784-9655, weirtom@hotmail.com; **Frank E. Evans DD 754**, Long Beach, CA, 5/31-6/3, John Coffey, (706) 335-0724, johnjudyc@gmail.com; **Graffias AF 29 & AFs of ServRon 7**, Branson, MO, 5/19-23, John Morrow, (540) 442-0007, john_w_morrow@yahoo.com; **Grand Canyon AD/AR 28**, Jacksonville, FL, 9/13-17, Tom Chamberlin, (843) 213-8026, wtchamserling@aol.com; **Hammerberg DE 1015**, Norfolk, VA, 9/12-15, Marc Arsenaull, (508) 248-5072, marc-a@charter.net; **Hartley DE 1029**, Norfolk, VA, 9/12-15, Marc Arsenaull, (508) 248-5072, marc-a@charter.net; **Holder DD/ DDE 819**, Louisville, KY, 9/25-28, Jim Debarrios, (831) 458-9062, ussholder_dde819@hotmail.com; **Hornet CVS 12 & Apollo 50 71st Reunion**, Oakland, CA, 7/18-22, Sandy Burkett, Secretary, (814) 224-5063, hornetcvaa@aol.com; **Houston CL 81**, Louisville, KY, 9/11-15, John Benge, (606) 877-5151, regulus64@windstream.net; **John Willis DE 1027**, Norfolk, VA, 9/12-15, Marc Arsenaull, (508) 248-5072, marc-a@charter.net; **Joseph K. Taussig DE 1030**, Norfolk, VA, 9/12-15, Marc Arsenaull, (508) 248-5072, marc-a@charter.net; **Leary DD/**

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TAPS


Edward C. Binder, Dept. of Nebraska. Dept. Cmdr. 1975-1976, Nat'l Foreign Relations Cmsn. Memb. 1977-1981 and Nat'l Veterans Pref. Cmte. Memb. 1976-1977.
LeeRoy W. Keesling, Dept. of Oklahoma. Honorary Texas Past Dept. Cmdr. 2003,

Tennessee Dept. Cmdr. 1996-1997, Nat'l Americanism Cncl. Vice Chmn. 2002-2006 and 1995-1998, and Nat'l Sec. Cncl. Vice Chmn. 2002 and 1990-1995.
Frank P. Konopka, Dept. of New York. Nat'l Distinguished Gusts Cmte. Vice Chmn. 2006-2013 and Nat'l Veterans Employment & Education Cncl. Memb. 2013-2019.
Larry D. Sheets, Dept. of Florida. Nat'l Vice Cmdr. 2011-2012, Dept. Cmdr. 1989-1990, Nat'l Internal Affairs Cmsn. Memb. 1986-2011 and 2012-2019, and Nat'l Americanism Cncl. Vice Chmn. 1982-1984.





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My new girlfriend works at the zoo. I think she's a keeper.

GIVE A MAN a fish, and you feed him for the day. Teach a man to fish, and he's going to spend a fortune on gear he'll only use twice a year.

A DUBLINER proposed to his girlfriend on St. Patrick's Day and offered her a ring with a synthetic diamond.

"You cheapskate!" she yelled at him. "This isn't even real."

"I know," he replied. "But in honor of St. Patrick, I thought I'd buy you a sham rock."

A DINER at a restaurant asked a passing waitress, "Are you the girl who took my order?"

"Yes, sir," the waitress replied politely.

"Well, I'll be darned! You don't look a day older!"

A WOMAN defending herself against a charge of unkindness remarked, "I never said I didn't like her. I merely remarked that all the polish she had was on her fingernails."



"Mom and Dad, can I borrow the wheel tonight?"

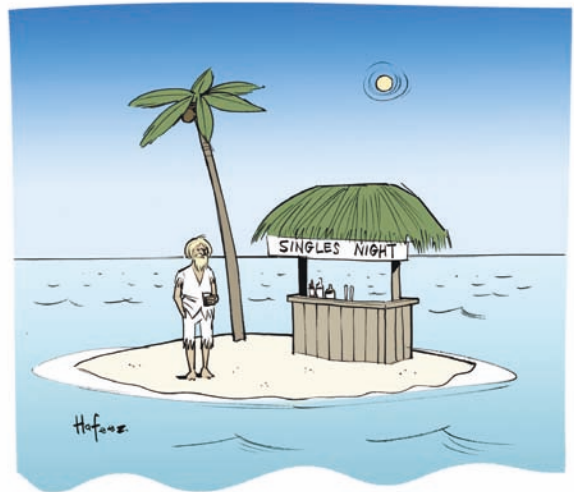
THE STEAMING JUNGLES of Vietnam were not my husband's first choice of places to spend his 21st birthday. However, the mood was brightened when he received a birthday cake from his sister. It was carefully encased in a Tupperware container and came with this note: "Dick, when you're finished, can you mail back my container?"

— Submitted by Kathy Wilson, as published in Reader's Digest's "Humor in Uniform"

Do you have a funny military-related anecdote? To share with Reader's Digest, visit rd.com/submit. Remember to include your American Legion post name and number.



"Absolutely. With just a nip and a tuck, we could get you down to a chinny chin, or maybe even just a chin."



A BOY was attending his first wedding. After the service, his cousin asked him, "How many women can a man marry?"

"Sixteen," the boy responded.

"How do you know that?"

"Easy. All you have to do is add it up, like the preacher said: 4 better, 4 worse, 4 richer, 4 poorer."

A DISTRICT ATTORNEY was having trouble with one of the witnesses, a rather pugnacious old man. "Are you acquainted with any of the jurors?" the DA asked.

"More than half," the witness grunted.

"Are you willing to swear that you know more than half of them?"

The old man quickly glanced at the jury box, then drawled, "I'm willing to swear that I know more than all of them put together."

"I READ that an Arizona woman is accused of sending a man more than 159,000 texts after they went on one date. When asked why she did it, the woman was like, 'Why, did he ask about me?'"

— Jimmy Fallon

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